THE CITY'S BEST NEW RESTAURANT EXPERIENCE • SPRING ESCAPES • AND MORE

cape{ }etc

From NATURE'S PLAYGROUND *to the best* WINING, DINING *and cultural* HOTSPOTS

HELLO, SUNSHINE

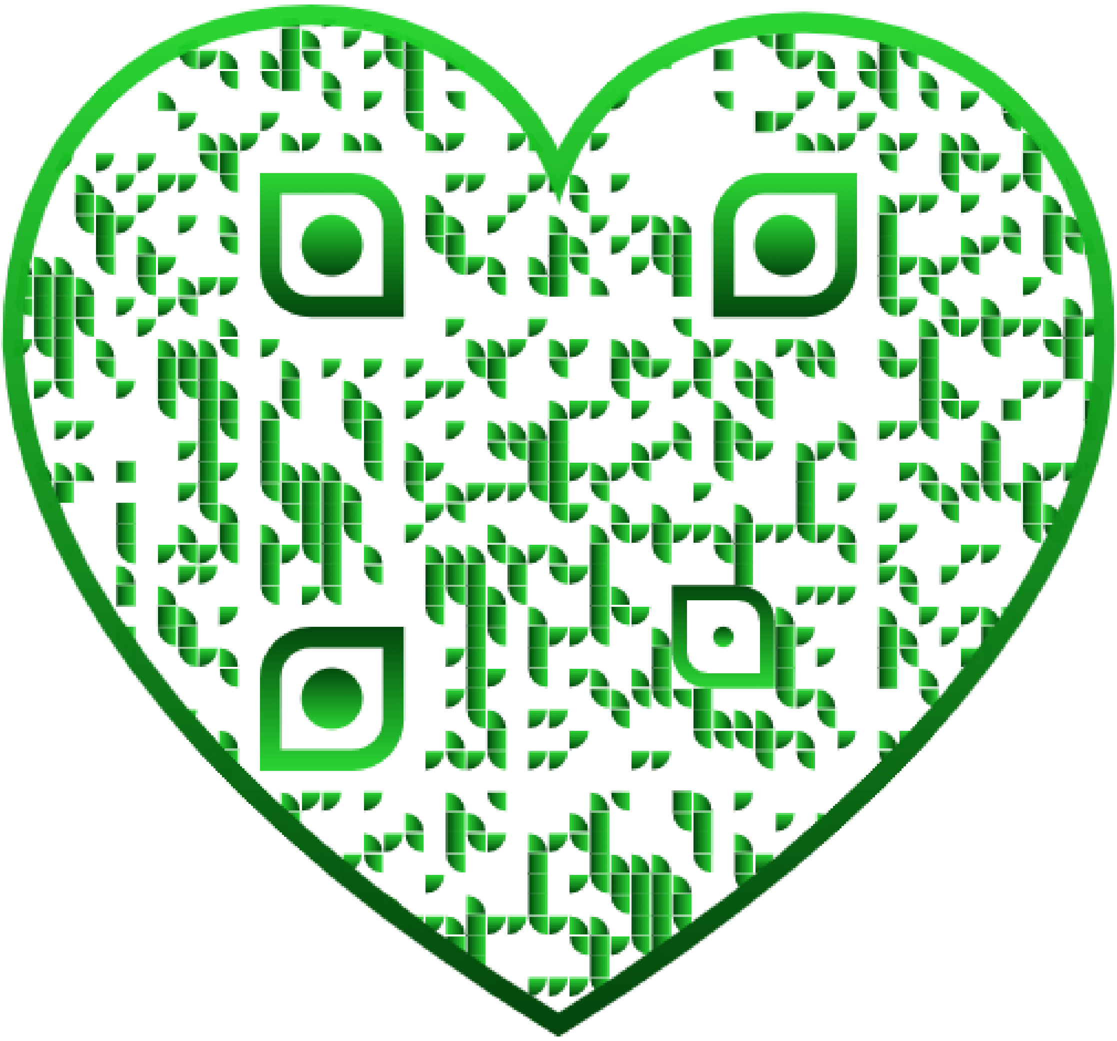
Your Guide

to longer days, brighter moods and fresh Cape adventures

SPRING
2025
R64.90
(INCL VAT)

25053

9 771683 169001



PLATINUM
SHIMANSKY

SHIMANSKY

The Millennium – Iconic by Design

SHIMANSKY: THE V&A WATERFRONT, SHOP 7228 | THE CLOCKTOWER WATERFRONT
THE SHIMANSKY ROCKWELL, CNR PRESTWICH & ALFRED STREET GREEN POINT

WWW.SHIMANSKY.COM

Cape Ceramics *in bloom*

This Spring, the Kirstenbosch Gift Shop celebrates the artistry of Cape Town's most inspiring ceramicists - each bringing their own creative interpretation of the Cape's natural beauty into timeless, hand-crafted pieces.

Potterseed is a whimsical collection created by Potterswork. This fine and delicate range features intricate designs on floral-inspired shapes. Botanically themed crockery comes to life in platters, nesting bowls, mugs, cups, saucers and serving ware - each piece transforming the beauty of nature into functional art.

At the heart of Potterswork are 14 talented painters from nearby local communities, each trained in-house and encouraged to develop their own creative voice - from bold and graphic to soft and organic. Alongside a skilled production team, they bring passion and precision to every piece, ensuring the work carries not just beauty but also the spirit of Cape Town creativity.

Renowned ceramic artist *Hennie Meyer* explores repetition and installation art through his striking wall bud vases. Both sculptural and practical, these vessels invite fresh foliage and water, transforming walls into living, ever-changing artworks.

Gemma Orkin brings a charming, naïve style to her stoneware, hand-painting South African birds and flowers onto each unique piece. With over 20 years of experience, her ceramics balance function and expression - beautiful heirlooms for everyday life.

The internationally recognised *Mervyn Gers* presents his version of the traditional Cape Dutch Delft with a fresh local twist. This beautiful Protea range draws from the King Protea itself, while the Rockpool, Harbour and Fynbos glaze collections echo the rich colours of land and sea. Each handcrafted piece carries both elegance and soul.

This Spring, step into the Kirstenbosch Gift Shop and discover a world of ceramics rooted in Cape heritage, creativity and natural beauty.

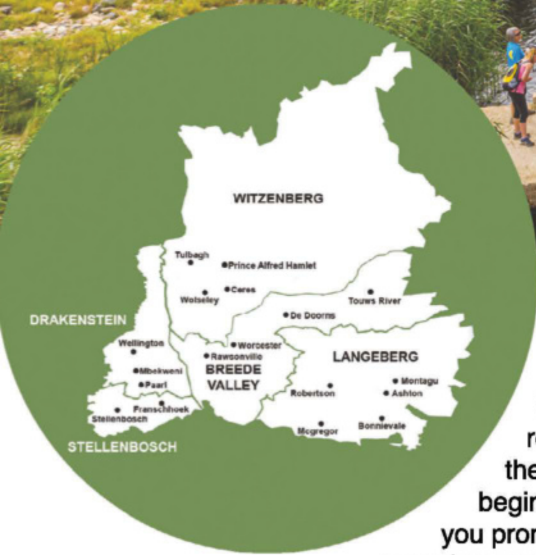
THE
KIRSTENBOSCH
SHOP

Trading: Mon-Sun 09:00-19:00

Free gift wrapping service available in store

Gate 1, Rhodes Drive, Newlands ☎ 087 183 7756
tdr-kirsten@tourvestdestinationretail.com

Wine, Walks & Wonder



Walking the Winelands

If there was ever a time to commit to that 2025 resolution (you know the one you took at the beginning of the year, where you promised yourself, you'd exercise more, breathe deeper, get fit — or even just live a little?), this is it! The Cape Winelands District offers opportunities for all levels of fitness: grab a hat and day pack, lace up your hiking shoes, and embark on one of the fascinating walks, tours, or hikes the region has to offer. Even if you're simply chasing panoramic views, there's an experience waiting to meet you.

The Cape Winelands District spans over 23,000 km² of valleys, hills, mountains, and plateaus. It is bordered by the City of Cape Town, the Overberg, and the West Coast.

Imagine a getaway that begins with a gentle meander through quiet groves and green vines, stopping occasionally — always at just the right moment — at an oasis where cooling wine meets the salty burst of olives, rejuvenating charcuterie, and perfect homemade ice cream, before you continue on to a well-deserved overnight stay. Each stop draws you deeper into an experience that feels like it was made just for you. The Cape Winelands offers a thousand things to do… and then some wine!

Wine walks have become quite the phenomenon. Routes take visitors from farm to farm, through cool vineyards and along picturesque gravel roads, past working farms where there is always something happening, no matter the season. Taste summer in a light Sauvignon Blanc, cool off with a crisp Chenin, or warm up with a spicy Shiraz while chatting to passionate winemakers and knowledgeable sommeliers.

Wine walks are ideal for groups of friends in search of their next adventure. Whether you prefer a one-day hike or a longer journey of two or three days — including accommodation, meals, and tastings — you are guaranteed an unforgettable experience. Wine Walks are available in Robertson, Tulbagh, McGregor, and Stellenbosch.

Across the world, people light up when they hear the words, "Once upon a time…" The Cape Winelands is rich in stories that begin just like this. The oldest historical sites are found along mountain paths in the world-renowned Hex Valley. You can almost hear the whispers of the Khoi San as you move closer to the rocks where they painted their stories. The Cape Winelands District is also home to the oldest rail tunnel in South Africa. Although no longer in use, visitors can hike up to the tunnel and marvel at the engineering of almost 200 years ago. For something a little different, consider a ghost tour in Montagu, where guides lead you through the town just after dark, sharing spine-tingling tales of years gone by.

The Togryers Museum in Ceres offers a guided historical tour that tells the story of the intrepid horse-and-carriage drivers who ensured that goods and post travelled from the coast deep inland, long before the railway stretched beyond the Witzenberg.

CAPE WINELANDS DISTRICT
MUNICIPALITY • MUNISIPALITEIT • UMASIPALA

Continuing with history, Stellenbosch is not to be missed. The town has recently introduced a new attraction: the Heritage Walk. This 16 km walk can be completed in sections or in one day. It follows the route once taken by farm workers travelling over the Helshoogte Pass to work in Stellenbosch. For those seeking something gentler, a stroll up and down Franschhoek's main road offers a welcoming and scenic alternative. Established by French Huguenots, the picturesque town continues to enchant visitors from around the globe. And for art lovers who want to combine light exercise with gallery viewing, the Montagu Art Walk is a perfect fit.

> **"From ghost tours to stargazing — the Cape Winelands has it all."**

Two well-loved Winelands outings celebrate the joy of flower picking. During summer, visitors can spend the day in Wolseley, hat and shears in hand, strolling through the colourful gardens of Adene's Flower Farm. Or, if natural hiking appeals, you can pick proteas and pincushions in the mountains above Bosjes, situated between Worcester and Ceres.

At the Karoo National Botanical Garden in Worcester, the Braille Trail offers a unique experience designed for the blind. It takes visitors on a sensory journey through the gardens: listening for bird calls, smelling and touching the plants, and tasting indigenous herbs. It's an enlightening experience — even for those of us who see perfectly! Another trail dedicated to biodiversity is the Christie Prins Hiking Trail outside Ceres, with two routes on the Koelfontein Farm, part of the Waboomsberg Conservancy, which is dedicated to preserving indigenous fynbos.

For those who love hiking, the Cape Winelands — in partnership with CapeNature — offers trails that lead you off the National Road into the quiet of the veld, winding towards hidden waterfalls. On hot summer days, the trails at Du Toit's Kloof Pass, Elands, and Krom River (Kromrivier) reward hikers with the chance to cool off in natural pools before heading home.

These trails are conveniently located close to food and accommodation options, welcoming hikers, bikers of all kinds, birdwatchers, and runners in need of rest.

Looking for something surreal? Climb Paarl Rock or visit the Afrikaanse Taalmonument and immerse yourself in the story of the Afrikaans language and its speakers. For a romantic date, attend one of the Full Moon Picnics held during summer. Enjoy the velvet evening air while watching the moon rise.

Another magical night-time activity awaits in Touwsrivier. Take an easy stroll up one of the hills, and with minimal equipment, spend hours stargazing under some of the clearest skies in the province.

Crisscrossed with trails, farm tracks, and hidden back roads, the Cape Winelands District offers an endless array of adventures waiting to be discovered.

Whether you're a history buff, a nature enthusiast, or simply looking for a relaxing getaway, the Cape Winelands has something special for everyone.

For more information on the various towns and activities on offer, please visit ***www.capewinelands.gov.za****, scroll down to the map and click on any of the towns to be directed to the Local Tourism Association's website. Here, you will find information on events, tours and accommodation.*

#2020Thrive #VisitCapeWinelands #CWDMOnTheMove

96
98%
THE MOST COMFORTABLE SLEEP
YOU'VE EVER TRACKED.
Index™ Sleep Monitor. For a better view
of your sleep and recovery¹.
GARMIN.
¹See Garmin.com/ataccuracy

© Garmin Ltd. or its subsidiaries. All rights reserved.

CONTENTS

024

What struck me about The Wiggle Room was the depth of experience

056

048

12

ED'S LETTER
Shifting gears

15

CHECK OUT OUR WEBSITE
capetownetc.com

016

FINDING HER VOICE
Ernestine Nur Stuurman's true-life voyage

024

THE HOOD
Dwarsrivier is a must-visit

032

PERSPECTIVES ON A CITY
Just how vulnerable is Cape Town to nature's forces?

040

MADE IN CAPE TOWN
Nico Nigrini's Stiebeuel is on an upward trajectory

CONTENTS

115

Early explorers thought they'd stumbled on the Garden of Eden

048

CHECK-IN
Where to stay in Cape Town

056

NOURISH
Hungry? We know where to eat

064

ON-TREND
We explore the HYROX hype

070

STEENBERG WINE FARM
The Deep South's shining star

078

A CAPE TOWN TALE
ORMS has been equipping creative dreams for decades

084

STEP OUTSIDE
Escapes that refresh the mind

092

COUNTRY ESCAPE
The Karoo Art Hotel oozes personality

100

WINE COUNTRY
Lanzerac has stood the test of time

106

ROAD TRIP
Ford's Territory Dark Edition is the perfect all-rounder

115

ETC
Island-hopping in the Seychelles

cape{etc}

Editor-in-Chief **Ryan Vrede**
ryanv@habarimedia.com

Editorial Team
Chief Copy Editor **Roshaan Bouwer**
Deputy Chief Copy Editor **Shaneen Noble**
Senior Copy Editor and Features Writer
Lisa Abdellah

Art Director **Hanlie Huisamen**
Designer **Keenan Petersen**

Contributors
Bevan Booysen, Oliver Keohane,
Megan Paulse, Dale Petersen, Kate Wilson

Cover Photo
Steenberg Wine Estate

Group Editor **Megan Paulse**
meganp@habarimedia.com

Digital Team
Tauhira Ajam, Adrienne Bredeveldt,
Sarah du Toit, Jules Keohane, Murray Swart,
Ilze-Mari Van Zyl, Kate Walker

Production Manager **Rushaan Joseph**
Deputy Production Manager
Maggie Wasserfall
Ad Traffic Controller **Chanelle Voight**
Ad Design Studio Manager **Brümilda Fredericks**
Ad Designer **Leigh-Ann Hendricks**
Project Manager **Kayla Petermann**
Sales Executives
Margeaux Goetze, Caleb Musabayane
Senior HR & Circulation Manager **Chanel Martin**
Debtors Manager **Simone Stober**
Financial Director **Jonathan Botha**

CEO **Kevin Ferguson**
Chief of Staff **Kovi Naidoo**
Chief Technical Officer **Adrian Brown**

SALES ENQUIRIES
Tel: 021 530 3300
Fax: 021 531 3333
Email: kayla@habarimedia.com

SUBSCRIPTIONS
Email: subscriptions@habarimedia.com

2004/031056/07
The Box, 15th Floor, Office 01501,
9 Lower Burg Street, Cape Town, South Africa

habarimedia.com

ISSN 1681 4487. All material is strictly copyright and all rights are reserved. Reproduction without permission is forbidden. Every care is taken in compiling the contents of this magazine but we assume no responsibility in the effect arising therefrom. The views expressed in this publication are not necessarily those of the publisher.

habari MEDIA
Highbury Media
T/A Habari Media

mediasupport novus print ON THE DOT abc

@home
IMAGINE MORE

The Oracle™ Jet
Black Truffle

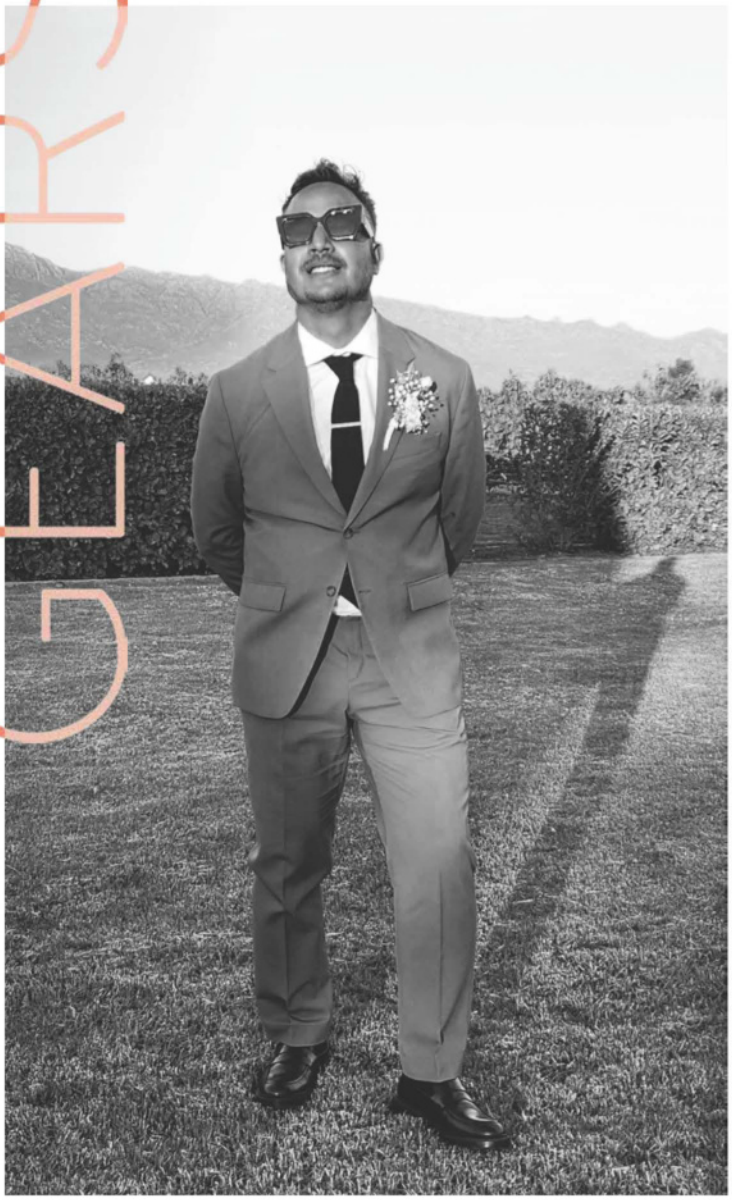
Same Products. Same Performance.
Now as **Sage**.

Shop in selected stores or online
bash.com/homewarestore

my TFG rewards

Earn rewards every time you shop.
Account customers are automatically
TFG **REWARDS** members.

SHIFTING GEARS



PHOTOGRAPHY COURTESY IMAGE

SPRING IS A FUNNY SEASON IN CAPE TOWN.

Technically, it arrives in September, but every Capetonian knows it doesn't quite work that way here. You still have mornings when you curse the South-Easter for rearranging your hair (and occasionally your sanity), or afternoons when a rogue cold front reminds you that the city is far too stylish to stick to a calendar. But then, suddenly, one morning feels different: the light is warmer, Lion's Head is sharper against the sky, and someone at the market is selling strawberries again. That's when you know – we've made it.

After our long hibernation in winter – the red wine, the fireplaces, the smug satisfaction of finding parking on Kloof Street because no one else dared venture out – spring feels like permission: to swap puffer jackets for linen shirts, remember that beaches aren't just scenic drives, and stay out past 7 pm because it's actually still light. Cape Town becomes flirtatious again, coaxing us out of our caves and reminding us why we put up with the damp and the drama.

This issue is all about that shift – the shake off, the step out, the small adventures that mark a new season. We've gone looking for secret corners of the Cape that beg to be rediscovered when the city wakes up. We've looked further afield, too, visiting each of the islands in the Seychelles – proving that sometimes the best trips are those you never planned to take.

Closer to home, we profile places and people that make the city hum when the weather turns. Restaurants, old favourites and new obsessions alike remind us that dining out is a summer sport in this town. (I'll admit, I became slightly too familiar with The Wiggle Room's wine list while working on this issue, but I maintain that it was purely research.) And for those with itchy feet and lighter wallets, we've included affordable escapes beyond our borders – because sometimes the best way to appreciate Cape Town is to leave it, then rush back with stories.

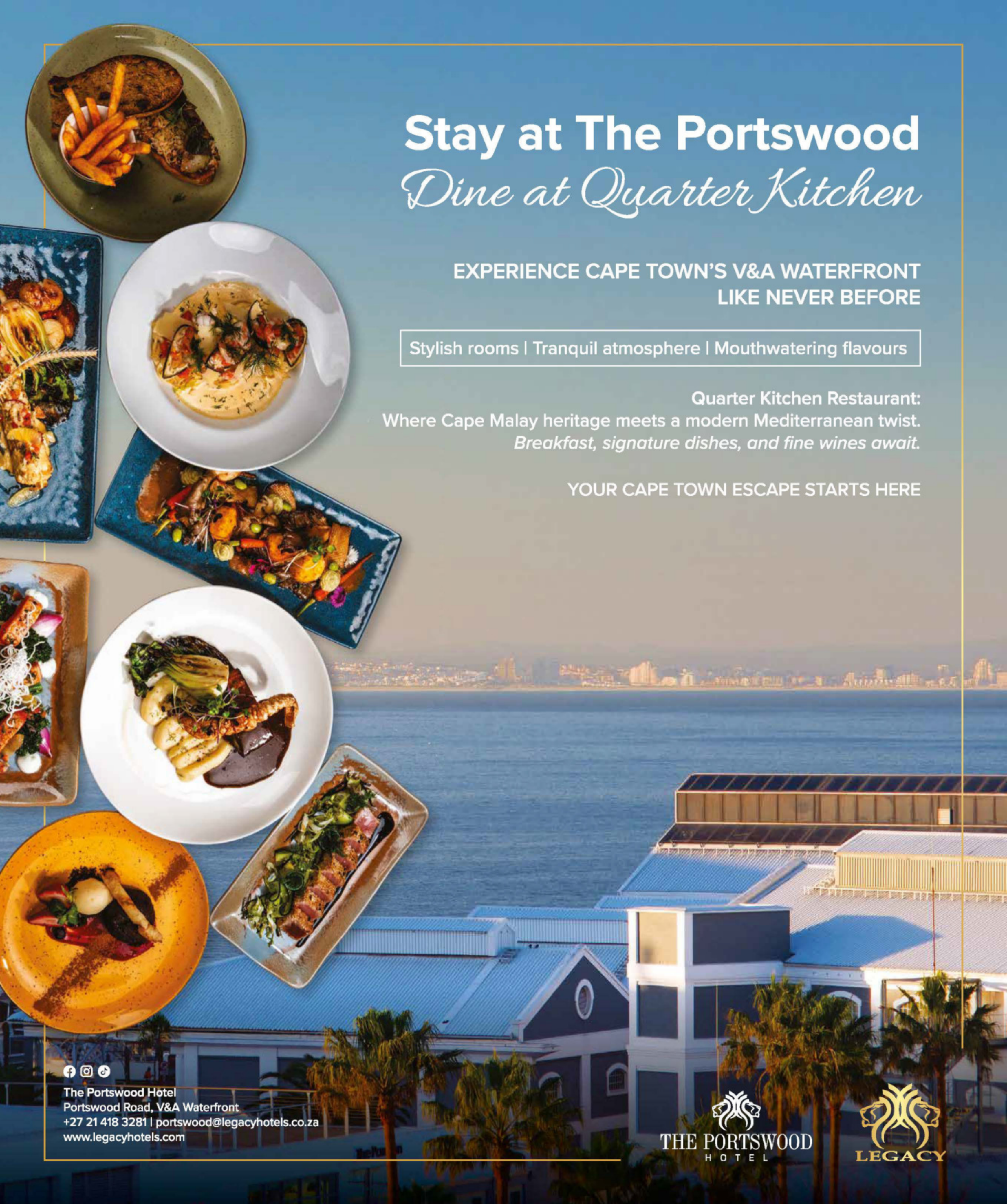
Personally, I plan to spend the season reacquainting myself with the Cape in small, satisfying ways. A few hikes I've been avoiding all winter. Long lunches that turn into lazy sundowners. And perhaps, if I'm lucky, a quiet morning dip at a beach that won't yet be overrun with Instagrammers trying to capture 'authentic Cape Town' before the algorithm moves on.

Spring here is never perfect. The wind whips, the mountain disappears behind a sulky cloud, and someone overcharges you for a gin and tonic on Bree Street. But when the city decides to show off, there's nowhere in the world quite like it.

This issue is our invitation to you: step outside, stretch your legs, and remember why we call this place home.

R Vrede

EDITOR-IN-CHIEF



Stay at The Portswood

Dine at Quarter Kitchen

EXPERIENCE CAPE TOWN'S V&A WATERFRONT LIKE NEVER BEFORE

Stylish rooms | Tranquil atmosphere | Mouthwatering flavours

Quarter Kitchen Restaurant:
Where Cape Malay heritage meets a modern Mediterranean twist.
Breakfast, signature dishes, and fine wines await.

YOUR CAPE TOWN ESCAPE STARTS HERE

The Portswood Hotel
Portswood Road, V&A Waterfront
+27 21 418 3281 | portswood@legacyhotels.co.za
www.legacyhotels.com

THE PORTSWOOD
HOTEL

LEGACY

CAPE TOWN'S BIGGEST

Shopping Centre

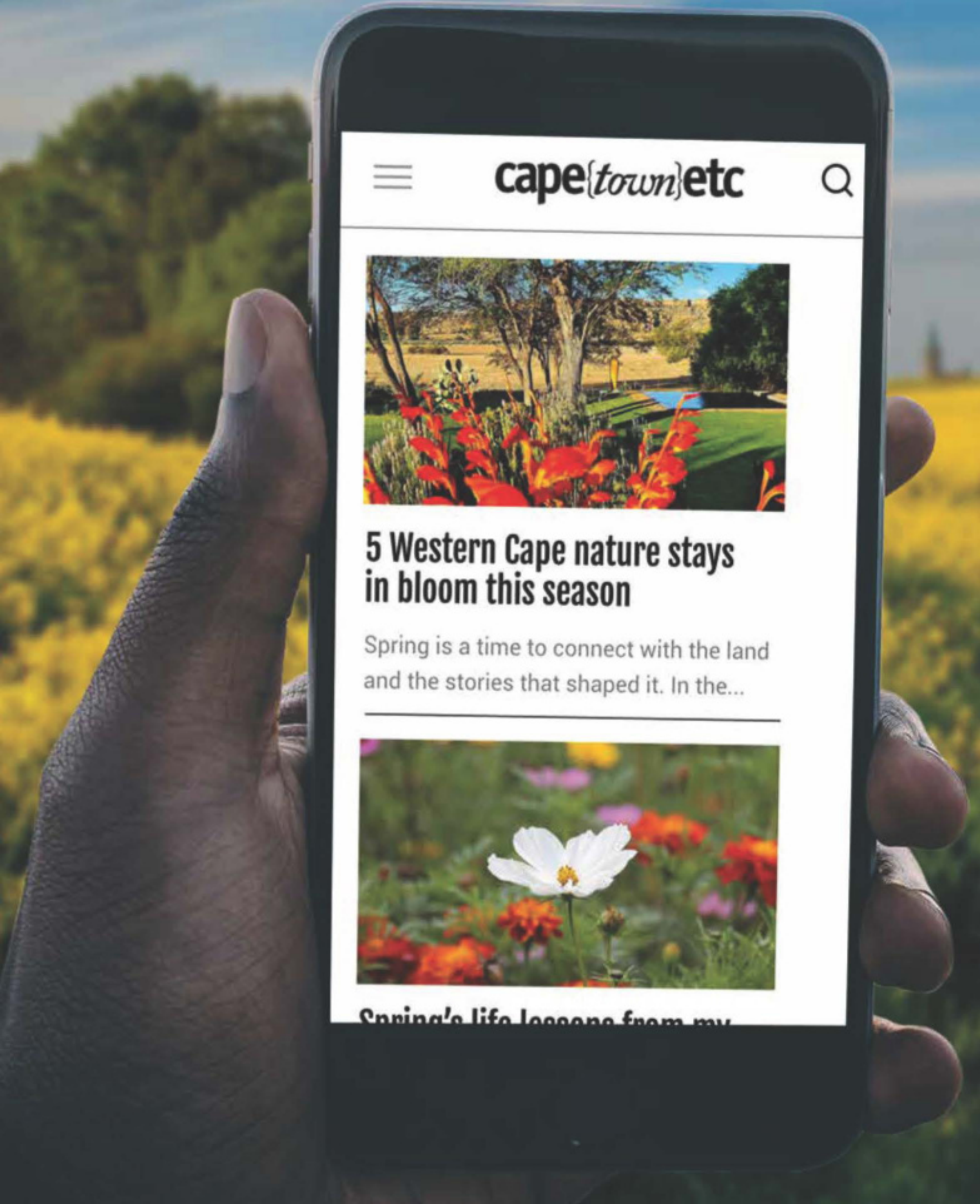
OPEN 9AM – 9PM DAILY

CANAL WALK

capetownetc.COM

CAPE TOWN FOR EVERYONE

Your favourite site for the real scoop
on what's happening in the Mother City



capetownetc

5 Western Cape nature stays in bloom this season

Spring is a time to connect with the land and the stories that shaped it. In the...

Spring's life lessons from my

NEWS
FOOD & DRINK
TRAVEL & ADVENTURE
THINGS TO DO
FAMILY

SCAN HERE
capetownetc.com

capetownetc@habarimedia.com

FINDING HER VOICE

The true-life voyage of Ernestine Nur Stuurman, from Belhar to opera singer

Words by **Lisa Abdellah**

The performance, *Journey Through Song*, shown at the Artscape Women's Humanity Festival in August, combines well-loved music from opera and musical theatre with lesser-known compositions. Here, with extracts from the original script, Ernestine warmly invites us to step into her world as a woman, mother, daughter and artist.

[The stage is simple, timeless and contemporary with a spotlight, a chair, carpet, a coat hanger and a tea table.]

'MEMORY'

BY ANDREW LLOYD WEBBER

Growing up in Belhar, I often wondered why the houses were so flat. I wanted to live in a home with a high roof. Every morning when I left home to go to school, there would be the same people standing on corners, not going to work but waiting for a *gelukkie* (stroke of luck). Belhar was good to me; it taught me how to survive in the jungle. I became strong there and learned how to stand up for myself.

My mom was a factory worker at The Bonwit Clothing Factory in Salt River, where clothing for Woolworths and Truworths was made. Early each morning, Mom took the Golden Arrow Bus to work in town, and she left me in the care of Helen Hendricks. Now, Aunty Hendricks, as she wanted me to call her, had me follow a daily exercise routine, part of which involved posture training, walking in a straight line while balancing two encyclopaedias on my head.

I have known music since I was very young. I was fortunate to attend a musically oriented church, New Apostolic – *nie die hanne klop kerk nie! Die was die classical music kerk* (not the happy-clappy church. This was the classical music church). I even learned to play the cello and the recorder.

I was a sprinter, a netball player, the Sportswoman of the Year, that sort of girl. I was often dragged off the sports field against my will to attend choir practice with the strict Mrs Toerien, who encouraged me to be a soloist in the Parow High School choir.

Mrs Toerien, the first of many incredible women who shaped me, pulled me aside and said, 'Ernestine, you have a big mouth! When you sing, imagine you have a boiled egg in your mouth to control the width of it.' I was 15, standing there, smelling of grass and teenage sweat, and had no idea what she meant. Nevertheless, my first solo with the choir is indeed a memory and still holds a special place in my heart.

'NEW YORK, NEW YORK'

BY JOHN KANDER AND FRED EBB

I sang the same solos in Elsiesriver-Ravensmead-Uitsig-Bishop Lavis (ERUB) Regional Choir, under the guidance of the late Mrs Rosamunde Magdalene Van Zitters, who was strict but kind. She taught me how to perform on grander stages in front of bigger audiences.

Rosamunde told me I had an African American voice and that she could see me singing in the US because I reminded her of Opera Singer Jessye Norman. At the time, I had no clue who that was, but something in me shifted.

ROCKEFELLER

BY
NEWMARK

DEFINING THE NEW ERA OF CITY STAYS

The Rockefeller Hotel is Cape Town's vibrant hub of contemporary luxury, where cosmopolitan style meets effortless city living. Its unique appeal lies in the energetic atmosphere an all-in-one destination with chic dining, rooftop cocktails at STUDIO, and striking design throughout. Adding to its allure, the hotel now features a spa, giving guests the perfect balance between the city's buzz and moments of indulgent relaxation.

NEWMARK
• HOTELS & RESERVES •

Experience Authentic

For bookings and enquiries, contact:
reservations@newmarkhotels.com
+27 21 427 5901 www.newmarkhotels.com

BOOK NOW
THE ROCKEFELLER HOTEL

RIGHT *The opera singer chose to accept her wrongs, learn from them and find her light again.*

BELOW *A young Ernestine poses in the home of a family friend.*

'HEIMWEE' (HOMESICKNESS)

BY STEPHANUS LE ROUX MARAIS

Fast-forward two years, and I was singing with Parow High School choir when I saw someone in the audience: a woman with a bright smile. Her presence convinced me she was important. That woman was none other than Virginia Davids, one of the world's finest opera singers, torchbearer for people of colour on every stage, specifically in South Africa. She scouted me and invited me to join her community choir, ComArt Choristers. In return, she offered guidance, belief and a space where I felt I belonged.

I studied voice with Virginia during and after high school. In her choir, I learned a beautiful song that I never got to sing in front of an audience. But whenever I get the opportunity, I sing it. Working with Virginia, that's where it all started. I liked opera, but, honestly, I wasn't sure if it was what I wanted to do. This one's for you, dear Virginia!

'We lost our father-daughter relationship, which took years to rebuild'

'AMAZING GRACE'

BY JOHN NEWTON

As a young woman born and raised on the Cape Flats, I fell into the trap of getting involved with the wrong crowd, which eventually led me to drug abuse and experiencing every ugly thing that comes with that.

I grew up in a house where there was alcohol abuse. Dad's alcoholism impacted my entire family's life. As a child, seeing him like that warped my image of what it means to be a man. We lost our father-daughter relationship, which took years to rebuild.

Ernestine with her son Angelo (Abdul Malik Mdena).

‘I began to realise the power of music to help heal and bring solace’

Even though I grew up in a disadvantaged area, no one looked down on my dreams and goals. On the contrary, my community always believed I'd make it someday. I came from a good home despite my father's drinking problem, and people who lived in our area admired us regardless of our circumstances.

Surprisingly, we were always at church, and even during my drug abuse, I still sang there. I thought I had everything under control because I could still sing. I knew nothing of the damage drugs were doing to the rest of me. To my self-esteem, confidence and relationships with loved ones.

By the grace of God, I was introduced to a beautiful fellowship, Narcotics Anonymous (NA). There, I met people who'd walked, talked and lived the same pain and trauma. Alcoholics Anonymous was already saving my father, and now NA was helping me. Choosing to accept my wrongs, learn from them, leave drugs behind and begin the challenging journey of finding my light again seemed like the obvious step towards my salvation.

‘O MIO BABBINO CARO’

BY GIACOMO PUCCINI

After deciding to get clean, I got my first professional job as an opera singer. My first role was Lauretta in the opera, *Gianni Schicchi*. I knew very little about the genre. *Wat wiet ek, die chlora girl vannie Flats* (what do I know, the coloured girl from the Flats), about Gianni Schicchi? I couldn't even pronounce it! But they trusted me, and that was all that mattered. What a relief to be trusted again. I began to realise the power of music to help heal and bring solace.

‘SUMMERTIME’

BY GEORGE GERSHWIN AND DUBOSE HEYWARD

It was great knowing that I was accepted and valued. I moved into my own place. I became a mother and, wow, what a new season that was!

Now, being a mother, there was a shift in me. Even though there were two parents, I, as the mother, felt the pressure of wanting to take care of my son, as well as the need to feel valued and respected in general.

The first place I looked for validation was my workplace because that was where I gave my all. At that point, I had been working for Cape Town Opera for six years as a chorus member, unofficial dancer and creative spirit. There came a point when I felt I wasn't good enough, because I wanted to be a soloist, which was what I had trained for.

Over the years, I performed roles within the company and even landed the lead role, Maria, in *West Side Story* at the Durban Playhouse.

IGNITE YOUR SENSES AT BANHOEK CHILLI FARM

Nestled in the picturesque Cape Winelands between Stellenbosch and Franschhoek. Our unique destination offers a variety of attractions for the whole family:

BCO TASTE KITCHEN

Enjoy a family-friendly restaurant with exceptional views and locally renown kid's play area.

BCO LEOPARD LOUNGE

a safari-inspired wine lounge with wine tastings and sensory wine experiences.

BANHOEK CHILLI OIL COMPANY

Experience the world's only chilli oil tasting at our chili deli, the largest in South Africa.

SCOOTOURS

Experience the thrill of gravity scooters and archery in a stunning outdoor setting. Booking essential!

BOMA DINING

Enjoy an authentic South African 'braai', in our inviting boma setting.

STATE-OF-THE-ART BOARDROOM

Host your meetings in our fully equipped boardroom, designed for productivity and comfort.

EXCLUSIVE VENUE HIRE

Perfect for gatherings of up to 120 people.

BANHOEK
CHILLI OIL
COMPANY

THE PERFECT BITE OF FLAVOUR!

BANHOEK CHILLI OIL BCO Co FARM

Old Banghoek Road, Kylemore, Stellenbosch, 7600
+27 21 300 0794 | farm@banhoekchillioil.com
Open daily from 9am to 5pm, with Friday hours extended to 8pm!

‘CHI BEL SOGNO DI DORETTA’

BY GIACOMO PUCCINI AND

‘MOTHERLESS CHILD’

BY HARRY BURLEIGH

I landed a dream role, Magda, in the opera *La Rondine*. Now, this opera, especially Magda’s aria, holds bittersweet memories. The sweet part was that I had so much fun with the role and even received a Fleur du Cap nomination. The bitter part was that I had to perform it hours after Mom passed away due to colon cancer.

‘I FEEL PRETTY’

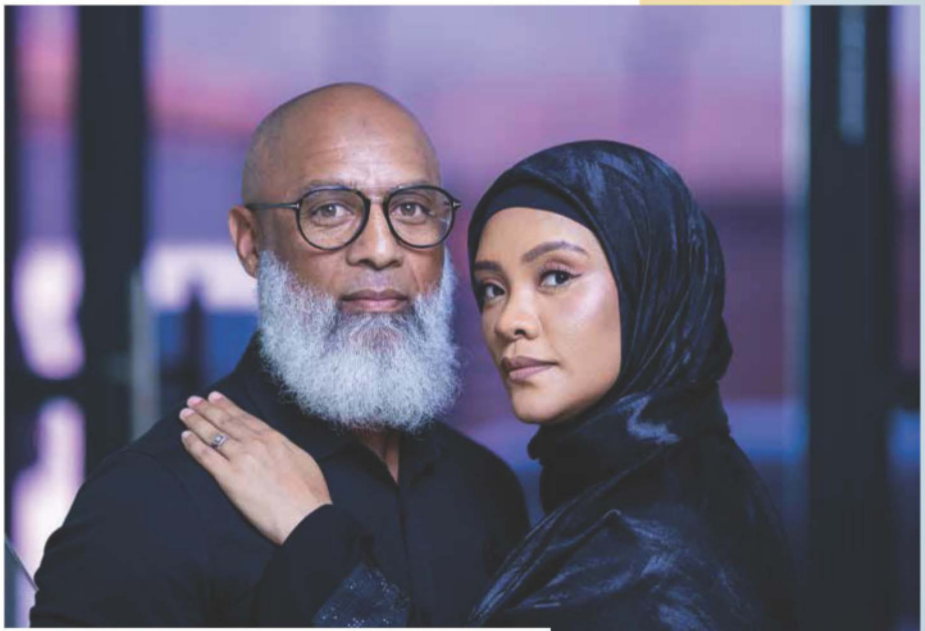
BY LEONARD BERNSTEIN AND STEPHEN SONDHEIM

Life happens. We lose people. Sometimes through death. Other times, through love that didn’t last.

I live for the beauty that love has to offer, I do: The butterflies, late-night calls, the feeling that maybe, just maybe, someone *sees* you.

But love can also be the cruellest kind of teacher, the greatest gift and the sharpest curse. With love, there’s the moon, the stars and pure magic.

Then, there’s the ugly side: The loneliness, the betrayal, and, trust me, after my last break-up, I know the damage love can do – it doesn’t just break your heart; it cracks the foundation of everyone around you. All for the sake of love.



PAROW HS
NETBALL

‘A BOY LIKE THAT/I HAVE A LOVE’

BY LEONARD BERNSTEIN AND STEPHEN SONDHEIM

I’ve been harassed, cyberbullied – nasty stuff that nearly ruined me. I’ve been called the most vicious names, not just by my harasser, but by those who I thought loved me, the people closest to me.

But love also helped me see. It gave me light and helped me grow, even when everything in me was breaking. Love gave me the courage to stand right here, in front of you, and tell you this story. Raw, authentic and unapologetically truthful.

Now, I have a love that makes me happy. It’s not perfect, certainly not easy, but whole. It helps me grow. It brings peace to my soul. A newfound love for my higher power, for Allah. And for my husband and family. Love now has a new meaning. And this time, I will embrace it.

Love has broken, shaped and saved me. This is *my* journey through song, and I’m still singing.

PHOTOGRAPHY MONRAY CLASSEN, COURTESY IMAGES

TOP LEFT *The opera singer with her husband, Yahya Karriem.*

BOTTOM LEFT *Ernestine and the rest of the A/B under-14 netball team at Parow High School.*

FAR LEFT BELOW *A family photo after a show at the Artscape, with her sister Mandy Van Rooyen, late-mom, Mary Ann Stuurman and dad Peter Stuurman.*

> ‘Now, I have a love that makes me happy. It’s not perfect, certainly not easy, but whole’

Get your adrenaline pumping on one of the many mountain biking trails the area offers.

TOP RIGHT *Scenic views at the Banhoek Chilli Oil Company.*

RIGHT *Lace up your walking shoes for a stroll through nature.*

BELOW FAR RIGHT *The Manor House at Boschendal Wine Estate.*

SOULFUL SOJOURN

If scenic and slow suits you, take a tour of Dwarsrivier and Pniël, writes **Amy-lee Steenkamp**

BCO
CO
BANHOEK CHILLI OIL COMPANY

Tucked between tourist-trodden Stellenbosch and the majestic Helshoogte Pass is the Cape Winelands' hidden gem: Dwarsrivier. This quiet valley, rich in heritage and hospitality, is more than just a scenic detour – it's a soulful escape into slow, intentional living, local flavours, community connections and unbreakable family ties.

BANHOEK CORNER GUESTHOUSE

In the heart of Dwarsrivier is the quaint Banhoek Corner Guesthouse (banhoek.com). A boutique, cottage-core-style home – warm, cosy, comforting and fuss-free, like staying with an old family friend, albeit one who has a curator's eye for Cape Dutch interior design.

You might perch with a view of the surrounding vineyards and mountains, or wake up to the quiet hum of birdsong, wind rustling through leaves and a golden mist settling over the valley, setting the tone for a day of thoughtful exploration. There's a sincerity here that makes you feel part of the Dwarsrivier community even before you step outside.

BANHOEK CHILLI OIL COMPANY

Not-to-be-missed activities are aplenty in Dwarsrivier. Just down the road from the guest house is the Banhoek Chilli Oil Company (banhoekchillioil.com), whose signature slow-infused chilli oil should be a pantry staple for any food lover. Watching the production process in their glass-fronted workshop is hypnotic and fascinating. You can smell the heated aromas as you step inside.

Have you ever been for a chilli oil tasting? If you haven't, I highly recommend doing so at the BCO Taste Kitchen.

> A cottage-core-style home … like staying with an old friend

LITTLE BLACK BOOK

DWARSRIVIER VALLEY TOURISM
dwarsriviertourism.org.za
Dwarsrivier Tourism
dwarsriviertourismza

BANHOEK CHILLI OIL COMPANY
banhoekchillioil.com
Dwarsrivier Tourism
banhoekchillioil

LE POMMIER WINE ESTATE
021 885 1269;
lepommier.co.za
Le Pommier Wine Estate
lepommierwines

BANHOEK CORNER GUESTHOUSE
banhoekcorner.com
Banhoek Corner Guesthouse
banhoekcorner

STELLENBOSCH TOWNSHIP VILLAGE
townshipandvillage.co.za
Township and Village
townshipandvillage

ADVENTURESHOP
adventureshop.co.za
Adventureshop Stellenbosch
adventureshop

Le Pommier
Sauvignon Blanc
Wine of South Africa

Sauvignon Blanc wine at Le Pommier Wine Estate.

ABOVE *Old-world charm awaits in Dwarsrivier.*

FAR TOP LEFT *The Banhoek Chilli Oil Company plans to be the largest chilli deli in SA.*

BELOW *Indulge in a traditional meal cooked by a Dwarsrivier local.*

FAR BOTTOM LEFT *Dwarsrivier is a food lover's dream.*

Sample their flavoursome oils and freshly baked breads, and take your taste buds on a journey through their offerings. From a garlic-infused chilli oil to one aptly named Extra Hot, the heat builds gradually, and you can feel the chillies dancing on your palate. It's not just oil – it's craft.

The Banhoek Chilli Oil Company plans to be the largest chilli deli in SA, and launch The Banhoek Wine Club, with a selection of wines from local boutique estates available for tasting. The family-focused company has many more plans in the pipeline, including scooter tours, archery and zip-lining in the valley.

Be sure to grab a bottle (or five) of chilli oil before you leave to drizzle over various dishes from chicken to pasta, adding a depth of flavour to your meals that you'll want to last forever. Or, stick around to enjoy a bite to eat at their new BCO Leopard Lounge, where their oils are the condiments, of course.

LE POMMIER WINE ESTATE

The beautiful thing about Dwarsrivier is that you never have to travel far to get from one place to the next, in this instance, from chilli to wine. Le Pommier offers the perfect balance of rustic charm and refined wine tasting. Their Sauvignon Blanc is crisp and zesty, a refreshing contrast to the valley's heat during summer, while their red blends are

INVERDOORN
PRIVATE GAME RESERVE

BOUTIQUE PRIVATE GAME RESERVE UNDER 2.5 HOURS FROM CAPE TOWN

CAPE TOWN BIG 5-SAFARI

10 000 HECTARE PRIVATE GAME RESERVE

Inverdoorn Private Game Reserve is located less than 2.5 hours from Cape Town, in the vastness of the majestic Tankwa Karoo. With dense Acacia riverbeds and magnificent golden mountains on the horizon, Inverdoorn offers an exceptionally tranquil Big 5 safari experience, including moments to witness the cheetah rehabilitation project.

+27 (0) 21 430 7260 • www.inverdoorn.com • info@inverdoorn.com

ABOVE *Make your way to find waterfalls.*

TOP *Hiking in the Helshoogte Pass area.*

Hospitality that fills your cup in ways you didn't know you needed

full-bodied and smooth, making them perfect for a cold winter's night.

With its majestic mountain backdrop and immaculate views, it's the perfect setting to enjoy a meal. Opt for lunch under the oaks, and you'll want to linger a while longer and sip your wine a little slower.

STROLLING THROUGH PNIËL

A short drive from Dwarsrivier brings you to Pniël, whose history and stories of resilience are fascinating. The town was a settlement for freed slaves in the 1800s, and the spirit of liberation and community still echoes through the streets.

The Pniël Museum (**pniel.co.za**) is small but poignant, housing a thoughtful curation of the town's history and its people's voices. Just across the road, the Pniël Congregational Church, built in 1843, stands tall in quiet reverence.

We joined local women for a brief walk through the church grounds, learning about the traditions passionate community members still honour today. Their small-town stories were captivating, and there was soulfulness in Pniël that stayed with us long after we left.

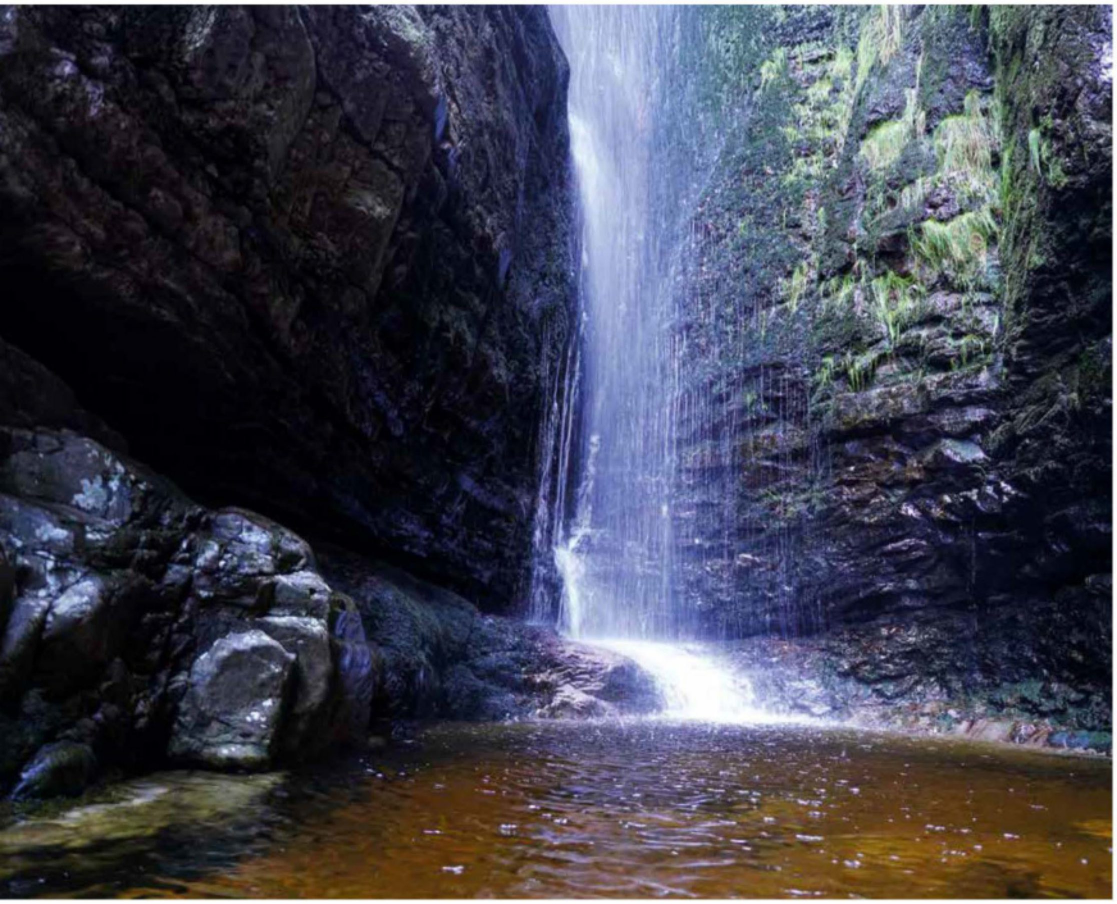
HOME-COOKED MEALS IN DWARSRIVIER

Spending a cosy night at home, even if it isn't yours, is heart-warming, and it's a treat having the town's favourite aunty, Siena Charles from Kylemore, invite you to hers, because it is a real hidden gem. Her home dining experience is part of an internationally recognised, community-led initiative where visitors can book a traditional meal with a Dwarsrivier local. There are no menus, just heartfelt dishes the resident cooks and serves.

Aunty Siena prepared us a delicious tomato bredie, roasted braai bread and milk tart, each accompanied by stories she told that once again transported us into the community and left our tummies extremely happy.

Another home dining experience was a delightful high tea at Aunty Alenor Pietersen's charming home, where she served us nibbles from savoury to sweet. Aunty Alenor opened her

LEFT *Discover a wide variety of flora while you explore.*



ABOVE *Whether riding or walking, the trails in Dwarsrivier don't disappoint.*

BELOW LEFT *Your exploration will be marked by spectacular waterfalls.*

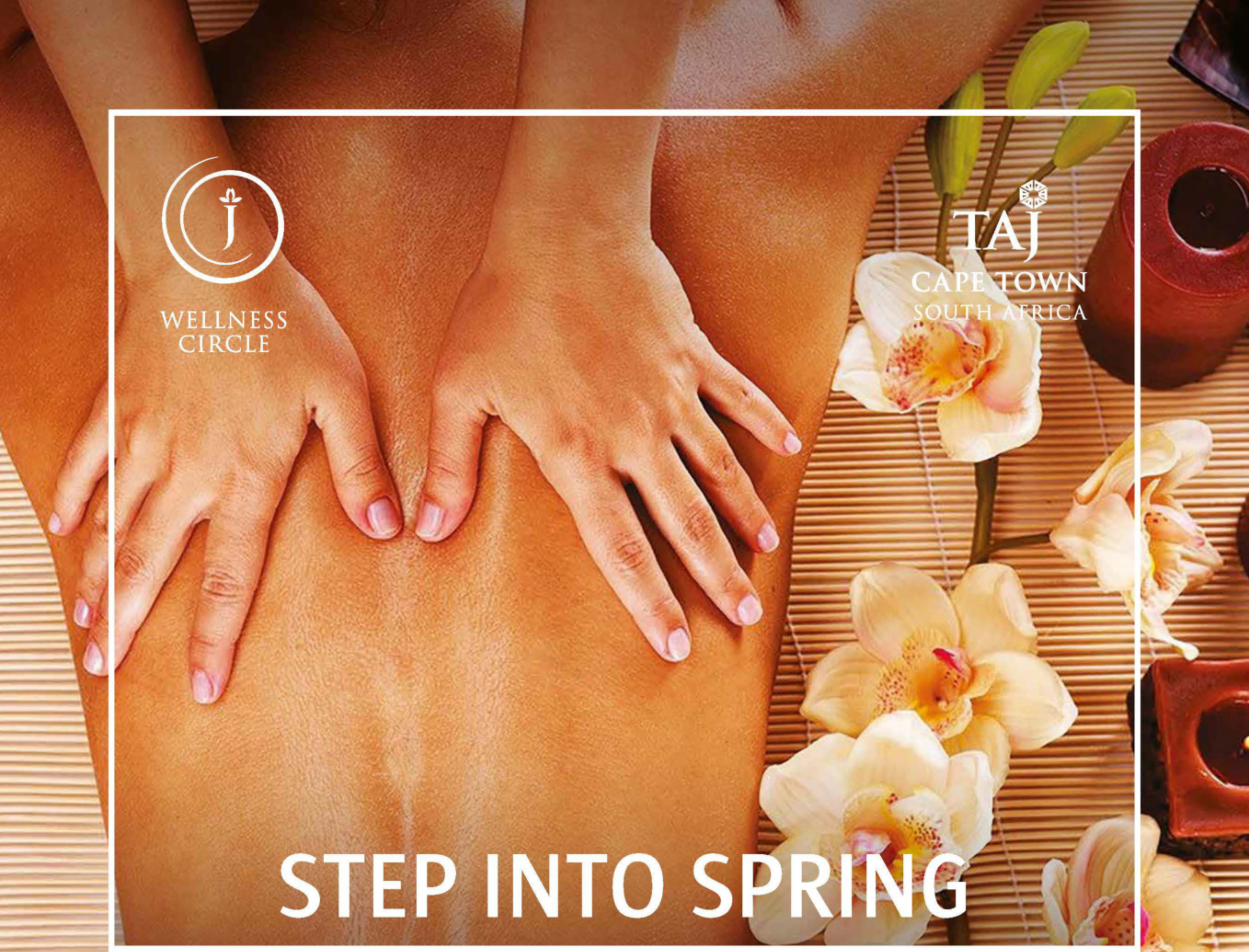
home and invited us to get to know her as a person, community member and local business owner.

Both women and their community exude a sense of togetherness and connection, welcoming you not as a guest but as family. There's authentic South African hospitality in these kitchens, the handed-down recipes and laughter shared freely.

Spending time in the small town of Dwarsrivier felt more like a soft pause than an overstimulating, tourist whirlwind. It was a reminder of what matters: good food, even better people, honest conversations and enduring stories, natural beauty, and the kind of hospitality that fills your cup in ways you didn't know you needed.

So, the next time you're road-tripping to Franschhoek or Stellenbosch, do not just drive through the Banhoek Valley. Stay, wander, taste and, most importantly, connect.

EXTRACTED FROM *GETAWAY* AUG/SEP 2025; **PHOTOGRAPHY** COURTESY IMAGES


WELLNESS
CIRCLE
TAJ
CAPE TOWN
SOUTH AFRICA
STEP INTO SPRING

Aromatherapy Full Body Massage

60 minutes

R995 per person

Enjoy a complimentary fresh fruit and a health drink post therapy

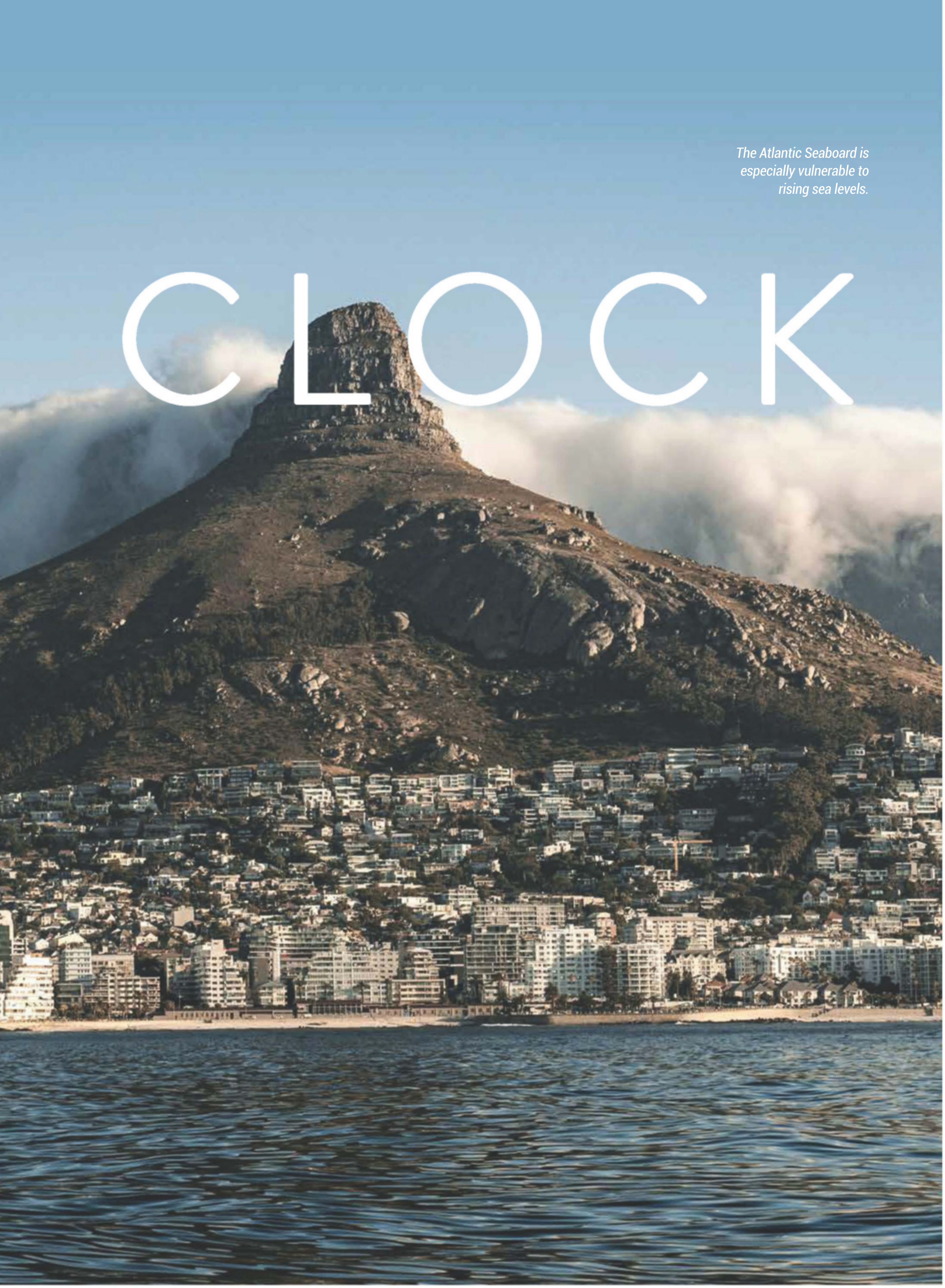
Terms and conditions apply. Offer valid from 1 - 31 October 2025. Offer valid Monday - Friday. Excludes weekends and public holidays. Subject to availability. Pre-booking is essential. Not valid in conjunction with any other promotions.

TO BOOK +27 21 819 2028 jwellnesscircle.capetown@tajhotels.com /tajcapetown

PERSPECTIVES ON A CITY

CLIMATE

CLOCK



The Atlantic Seaboard is especially vulnerable to rising sea levels.

Dale Petersen examines how rising sea levels, water scarcity and extreme weather threaten the city's postcard-perfect image

THE CITY AT THE TIP OF AFRICA

Cape Town has always sold itself as a city abundant with coastlines, mountains and wine. Perched at the southern tip of Africa, it feels like the kind of place nature went out of its way to beautifully design. But beneath that postcard surface, Cape Town is running against time. The city is on the frontline of climate change, caught between rising sea levels, dwindling freshwater and a fragile ecosystem increasingly tested by heat, fire and drought.

THE GHOST OF 'DAY ZERO'

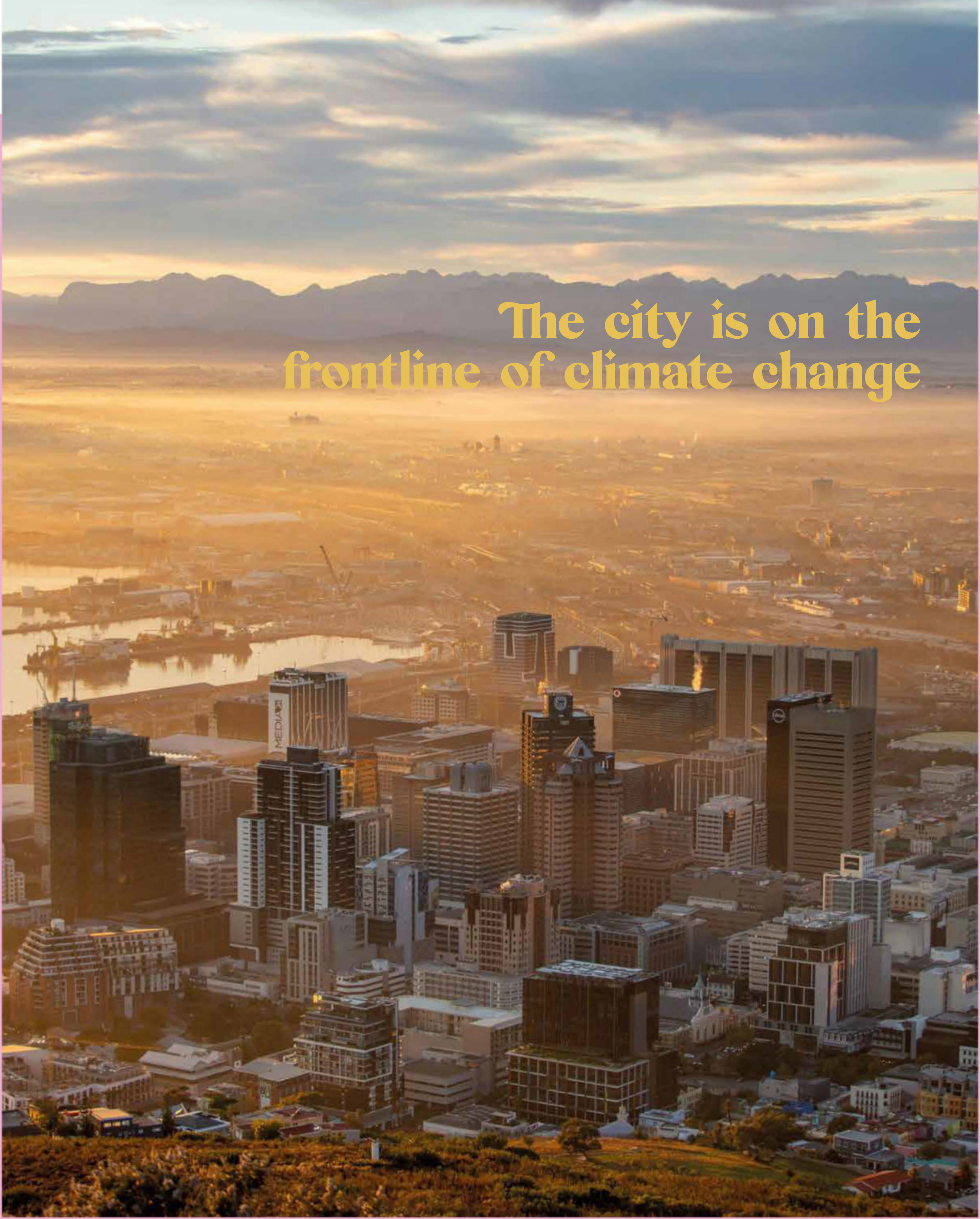
In 2018, Cape Town came within weeks of turning off its taps. 'Day Zero' – the projected date when dam levels would fall so low that residents would need to queue for rationed water – made global headlines. The crisis was narrowly averted thanks to harsh restrictions and collective behaviour change, but its shadow remains.

A study published in the *Proceedings of the National Academy of Sciences* (*PNAS*) in 2020 found that climate change made that drought five to six times more likely than it would have been a century ago. Under high-emission scenarios, the city could face 'Day Zero'-style droughts with an 80% probability by the end of the century. In other words, what felt like a once-in-a-lifetime event may well become the norm.

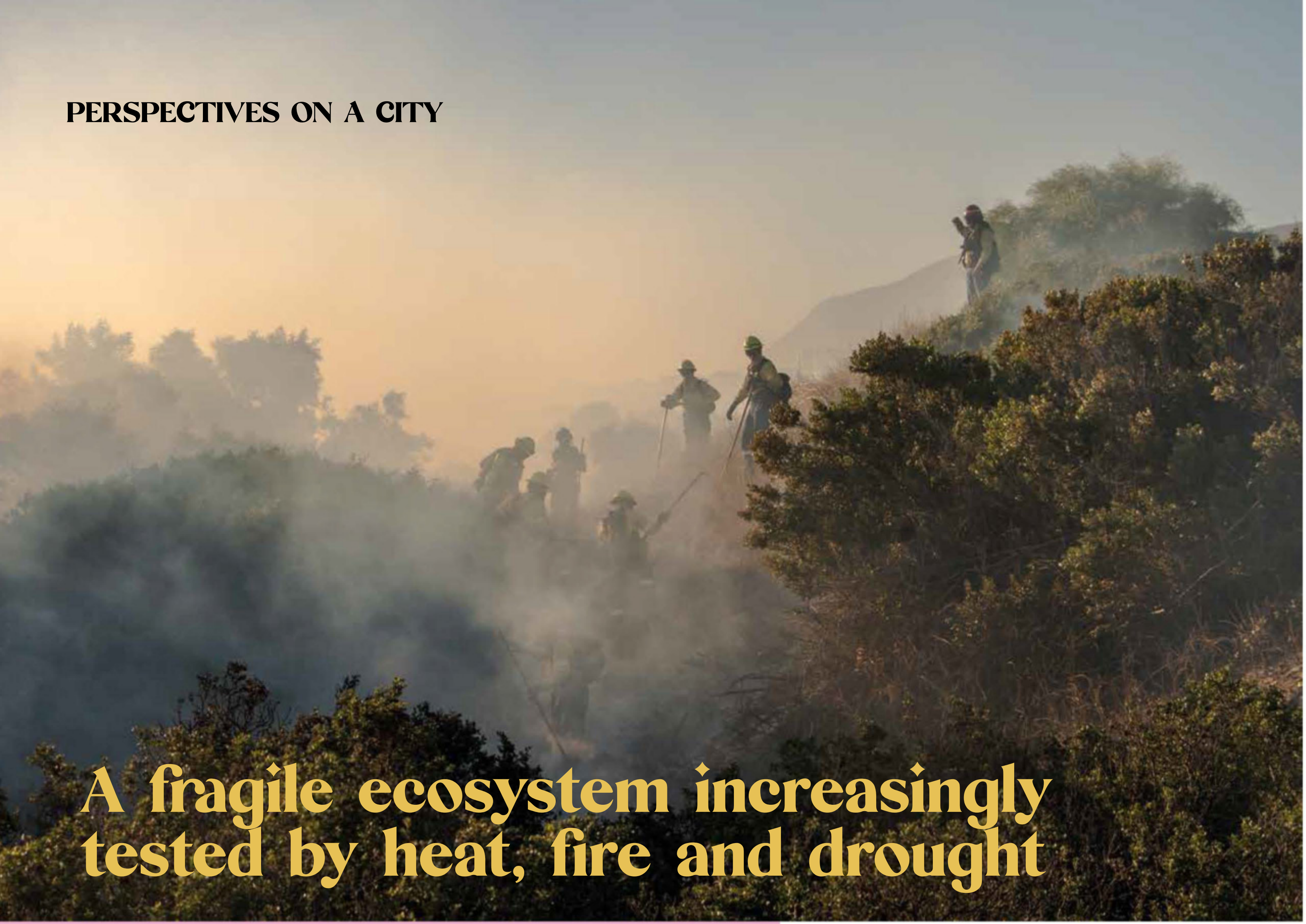
ABOVE *Large-scale fires frequently threaten precious flora.*

LEFT *Even relatively minor changes in water levels can damage or destroy key infrastructure.*

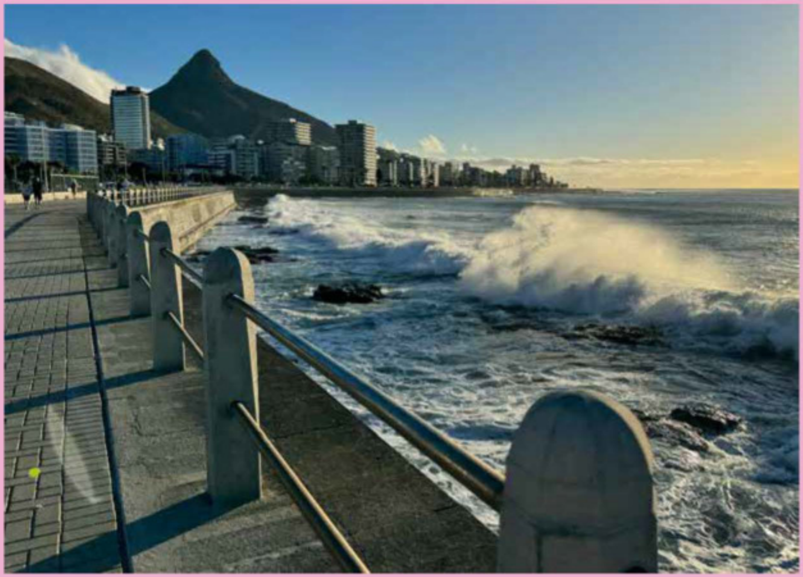
RIGHT *The CBD's proximity to the ocean puts it in the firing line of climate change.*



The city is on the frontline of climate change



A fragile ecosystem increasingly tested by heat, fire and drought



A RISING TIDE

Water scarcity isn't the only threat. Cape Town is ringed by two oceans – the icy Atlantic and the warmer Indian – and both are rising. Scientists warn that coastal landmarks like Muizenberg's beach huts and the V&A Waterfront, built on reclaimed land, are among the city's most vulnerable spaces. Storm surges are expected to become more severe, redrawing the postcard coastline visitors love.

FIRE ON THE MOUNTAIN

If water symbolises scarcity, fire symbolises excess. Cape Town's Mediterranean summers have always meant wildfires, but they're now arriving hotter and more often. A 2025 University of Cape Town (UCT) study found that exotic trees like pines and palms fuel these blazes, increasing their spread in urban fringes. The April 2021 Table Mountain fire, which tore through the university campus, was intensified by precisely this mix of high winds, heat and alien vegetation.

Another long-term study of the Cape Floristic Region confirms the trend: fire return times are shrinking, meaning blazes come more frequently than in the past. For locals, it's a reminder that even the mountain – the eternal symbol of Cape Town – is no longer immune.

GET MORE OUT FROM THE SALE OF YOUR HOME
8
YEARS
20 000 +
happy clients

Eazi is selling homes in your area for a fixed fee starting from R33 000 (incl. VAT)

HIGH DEMAND FOR PROPERTIES. ACT NOW!

SINCE OUR 7TH BIRTHDAY WE HAVE

Conducted 2,900+ **VALUATIONS**

HOSTED 9,000+ **VIEWINGS**

Achieved an average of 96.9% + **of the ASKING PRICE**

RECEIVED 43,000+ **BUYER ENQUIRIES**

Generated 100,000,000+ **VIEWS ON SOCIAL MEDIA**

OUR FEES

SALE PRICE	< R750 000	R750 000 - R1,25m	R1,25m - R1,75m	R1,75m - R3m	R3m - R4,25m	> R4,25m
EAZI FEE (INCL. VAT)	R33 000	R45 000	R58 000	R69 000	R99 000	R149 000

FULL SERVICE FIXED FEE

Trustpilot ★★★★★

hellopeter ★★★★★

eazi REAL ESTATE™

CONTACT US FOR A FREE PROPERTY VALUATION
WWW.EAZI.COM 0860 000 777
076 931 6889
support@eazi.com

T&Cs apply, visit eazi.com for more information. Eazi Real Estate (Pty) Ltd | Reg no. 2015/411792/07 | Registered with the PPRA

THE FRAGILE ABUNDANCE

Cape Town's biodiversity is one of its greatest assets. The Cape Floristic Region is home to thousands of plant species found nowhere else on Earth. Yet climate shifts and development pressures are eroding this ecological richness. Even wine, one of Cape Town's proudest exports, feels the strain: vineyards are adapting by planting at higher altitudes and experimenting with new varietals to cope with hotter, drier summers. That glass of Chenin Blanc isn't just a taste of place – it's a sip from a landscape learning to survive.

THE TRAVELLER'S DILEMMA

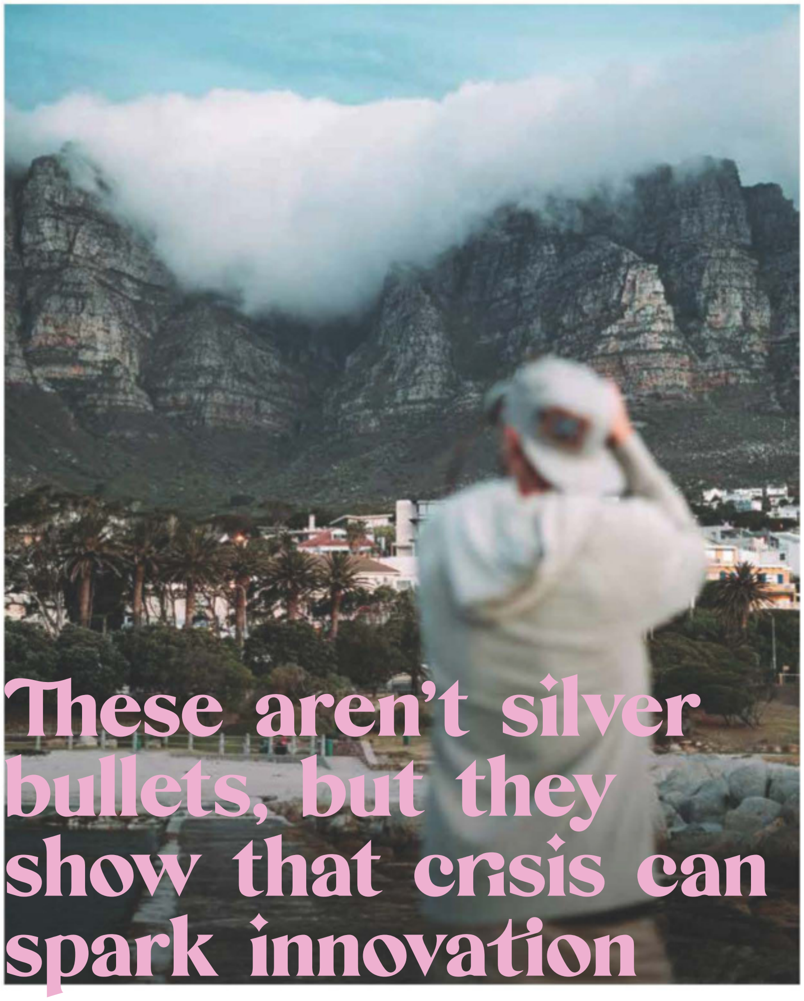
For visitors, these crises aren't abstract. They're felt in small, daily ways: low-flow hotel showers, beach boardwalks eroded by storms, the scent of smoke drifting from mountain slopes. Do you indulge in a long shower when locals are rationing? Do you post a picture of Camps Bay without noting that it's one of the coastlines most exposed to future sea-level rise?

Travelling to Cape Town increasingly means grappling with the paradox of beauty and fragility. The challenge isn't to avoid the city – it's to engage with it responsibly.

A CULTURE OF ADAPTATION

Cape Town is not passive in the face of these challenges. The same Brühl & Visser study that dissected the drought response found that combined measures – tariff hikes, water-saving technologies and public campaigns – reduced usage by up to 25%. The city has invested in desalination plants, promoted water-wise urban design, and fostered a culture of conservation. Tourism is shifting too: more lodges and operators now market their sustainability credentials, from solar power to grey-water recycling.

These aren't silver bullets, but they show that crisis can spark innovation. For travellers, it means that supporting eco-conscious businesses isn't just a lifestyle choice – it's part of Cape Town's survival strategy.



> These aren't silver bullets, but they show that crisis can spark innovation

CLOCKWISE FROM TOP
Conservation efforts are yielding promising results in preserving key tourist attractions; Table Mountain National Park is a focal point for preemptive conservation measures; Camps Bay beach is a tourist hub that deserves protecting; the V&A Waterfront is situated in a troubling zone.

PHOTOGRAPHY UNSPLASH

A CITY WORTH PROTECTING

Cape Town's climate clock is ticking. You can hear it in the silence of a two-minute shower. You can see it in the blackened scar of a wildfire. You can feel it in the heat radiating off a dry mountain slope.

For travellers, acknowledging that clock doesn't diminish the city's magic – it deepens it. To love Cape Town is to confront its fragility, to recognise that paradise is never permanent, and to understand that beauty, here, is inseparable from responsibility.

CLOTH CONNOISSEUR

Nico Nigrini used the misfortune of being fired from a film set to establish one of Cape Town's most recognisable clothing brands. And he's flying

Words
Oliver Keohane
Photography
Kyra Welch,
Ian Engelbrecht

> ‘I left without ink, but discovered a local brand that produced epic cuts’

FAR LEFT *Stiebeuel Founder Nico Nigrini.*

LEFT *The Stiebeuel Flagship Store at 102 Bree Street.*

BELOW *The Stiebeuel Core Collection Winter '25 lookbook.*

During the 2019 Rugby World Cup, my boss lost a bet and had to get a Springbok tattoo. He asked me to come with him to Palm Black Tattoo, then tucked away just off Roeland Street. While the needle buzzed the pride of South Africa onto his chest, I wandered around the shop and found that upstairs there were hangers filled with garments, and textiles strewn around a workshop space.

That’s where I met Nico Nigrini, the founder of Stiebeuel. He was kind enough to let me buy a pair of pants, yet to be released, at a discounted rate. I left without any ink – luckily – but having discovered a local brand that produced epic cuts on a simple yet distinctive colour palette. Over the years, this brand would take over that whole space, as Palm Black moved out, and occasionally, I’d stop by for a sale, maybe catch Nico for a chat and leave with another piece to last me a few years (I still have every piece of Stiebeuel clothing I’ve bought). The scale of production slowly increased, Stiebeuel became more prominent on social media, and continued to be a presence in other stores and boutique collections in Cape Town.

Six years later, Stiebeuel operates proudly out of its own store on Bree Street, consistently dropping captivating collections defined by the same clean cuts, creativity and production quality that characterised the clothing back in 2019. With spring on its way, Nico agreed to have a chat and fill me in on his story and the evolution of Stiebeuel, as well as the separate in-house atelier, Lighthouse, that now services numerous brands in Cape Town.

OLIVER KEOHANE (OK) // Run us through your journey.

NICO NIGRINI (NN) // I studied film, specialising in design. Even back in high school, through skateboarding, I was drawn to how subcultures expressed themselves visually. While studying, I was the frontman of a punk rock band. The

music wasn't for everyone; it was wild, but we were serious about our look, the clothes, the styling, the way it all built a subcultural aesthetic. That focus on style and subculture naturally evolved into my approach to film, bringing characters to life through the threads they wore, which later became the foundation for Stiebeuel.

Stiebeuel became my new outlet for design and channelling a more mature and refined visual language. After graduating, I started assisting with international commercials and feature films, mainly within the costume and styling teams.

A few years in, I got my big break working as a costume standby, responsible for all the male leads on a well-known American TV show. It was a high-pressure role, and one day, things went wrong. The lead actor left the set without returning to his trailer to change. I didn't realise he had not returned his costume to his trailer before we moved location, and his costume (needed for continuity) went missing. As a result, I was fired. That moment pushed me to follow my dream of starting Stiebeuel.

I had savings from assisting on sets, which gave me the cushion to kick things off. In hindsight, it turned into a happy fuck up: What felt like a setback at the time became the catalyst for everything that followed.

The first Stiebeuel collection was born with pieces ranging from Henley tees and well-cut crew necks to linen shirts, hardy shorts, and a small selection of leather goods, including wallets and coin pouches.

I got the collection stocked at A-Store, which was a great spot on Kloof Street, and Smith & Abrahams, which later became Corner Store. I also secured a stand in the Neighbourgoods Market's design section at weekends, which helped get the brand in front of a wider audience.

The reality hit me that I might not be able to cover my bills and expenses. Around that time, I received a few more offers to work on film jobs, which I took on with the intention of running Stiebeuel alongside them. What I didn't realise would happen was that on my return, producers would buy into me as a designer and use Stiebeuel's website as my portfolio to book me on jobs. As a result, I was now considered for commercials and feature films as head of department rather than an assistant.

With this bump up, I leaned into film work for longer and really enjoyed working

***FAR RIGHT** Study of textures and tones, photographed at Lighthouse Studio Courtyard.*

***RIGHT** Stiebeuel x VOR x Acapulco (Munich Collab Release).*

***BELOW** Clean, high-quality cuts hang from clothing rails.*

Stiebeuel
SPECIAL BATCH
PROD #001'22
VOR

on numerous projects. Costume designing for feature films in many ways mirrored running an in-house atelier, with multiple departments working together. Those years in film shaped my understanding of how an idea can become a finished garment and gave me a clear sense of how all the cogs fit together, knowledge that I now apply directly to Stiebeuel and Lighthouse (a clothing manufacturer based in Salt River).

OK // What inspired Stiebeuel's philosophy, and how does the brand's location influence its aesthetic and values?

NN // Stiebeuel started because I wanted to make clothing that felt effortless, functional, and thoughtfully designed – pieces I actually wanted to wear myself.

STIEBEUEL
STORE

> ‘Stiebeuel started because I wanted to make clothing that felt effortless...’

Cape Town has significantly influenced the brand's aesthetic and values. Between the mountains, the coastline, and the creative energy here, it shapes how we design – natural fabrics, quiet detailing and pieces that work whether you're in the city or out in nature.

Being in Cape Town also means being part of a connected creative community. We collaborate with local illustrators, designers, and even winemakers, and that energy feeds directly into Stiebeuel's evolution. It also allows us to be hands-on, work sustainably and take a slower, considered approach – nothing is rushed or excessive, which is at the heart of the brand.

OK // Could you run me through the meaning of Stiebeuel and how it translates to the design and production ethos?

NN // The name Stiebeuel means ‘stirrup’, and it connects back to my quiet upbringing in Wolseley, a tiny one-horse town, and my days in music. I used to collect badges, buckles, spurs and hardy jewellery from antique stores and markets like Camden Town. That mix of rock and roll attitude and cowboy-Western influence really stuck with me. The stirrup felt like the perfect symbol for the brand: hardy, durable and built to last.

Today, Stiebeuel's design is much more minimal and intentional, a clear departure from the louder aesthetic I had back then. But I like to think that, if paired the right

THE GREEN MILL

A New Era of Cannabis Culture

Cannabis isn't just something you smoke
— it's a lifestyle, a community, and a culture.

The Green Mill brings that culture to life through intentional spaces, immersive events, and a menu crafted for those who appreciate quality and connection.

Organic Cannabis

Curated Cannabis, Elevated Experience

At The Green Mill, every product on our shelves is hand-selected for quality, potency, and terpene profile — giving you a refined, safe, and elevated experience with every visit.

Whether you're into flower, extracts, or just want to sip tea and vibe, we've got you.

Coffee, Community & Cannabinoids

Our cafés are more than dispensaries — they're social spaces built for conversation, creativity, and comfort.

Grab a coffee, light up a pre-roll, and hang out with like-minded souls who enjoy the finer side of cannabis.

Membership Has Its Perks

Join The Green Mill family and unlock exclusive access to our loyalty rewards, limited drops, private tastings, and more.

THE GREEN MILL organic cannabis

WWW.THEGREENMILL.CO.ZA THEGREENMILL_CPT

Discover HESSEQUA

The **entrance to the Garden Route**, a scenic 3-hour drive from Cape Town International Airport via the N2 and a mere 1-hour drive from George Regional Airport.

Hessequa is the ideal holiday destination for the seasoned traveller, in search of meaningful connections and off-the-beaten-track experiences with a touch of nature.

BEST PICKS FOR 2025

1. **Inverroche Gin Distillery** Tours, Gin Academy and Gin Tasting - 028 754 2442
2. **Garden Route Game Lodge** BIG 5 Game Drives and Luxury Accommodation - 028 735 1200
3. **Bon Game Reserve** Hovercraft Excursions, Game Drives and Mineral Bath - 076 980 6841
4. **Grootvadersbosch Nature Reserve** Glamping, Camping, Self-Catering Cabins and Forest Hiking - 087 087 8250
5. Stunning **Beaches** in Jongensfontein, Stilbaai, Witsand and Gouritsmond
6. **Sleeping Beauty Mountain Hiking Trail** rated as difficult and scenic - 087 087 8250

Explorer's Garden Route Hessequa

HESSEQUA TOURISM
+27 (0) 28 713 7953
info@explorersgardenroute.co.za
www.explorersgardenroute.co.za

***ABOVE** Nico Nigrini at his store.*

***BELOW** The Stiebeuel Core Collection Winter '25 lookbook.*

way, it's still rock and roll and has an essence of style and flair.

OK // All pieces are produced in-house in the atelier – what are the joys and challenges of that hands-on, small-team approach?

NN // The best part is being hands-on: choosing fabrics, creating patterns, fittings and finishing touches. You get to see an idea grow from a sketch all the way to a finished garment, and that's really satisfying.

Because we're small and produce in-house, if a style does well, we can press play on a re-run fast. The challenge, of course, is that every piece is labour-intensive, and we have to be intentional about what we make.

Managing a growing team definitely has its challenges, especially when your colleagues feel like family.

Everyone has their own issues from time to time, and because it's such an intimate set-up, it can take some time to sort things out and keep everything running smoothly across departments.

Every team member is key. Everyone plays a vital role in ensuring smooth operations. There's also a lot of joy in it. Seeing people grow from a starting position to taking on senior roles and really stepping up is incredibly rewarding. You get to know your team, understand their strengths and build a group that takes pride in what we're creating. It just takes patience, communication and care to keep everything moving.

OK // Can you walk us through your design-to-finished-product process? How does a concept evolve into a garment?

NN // I run Stiebeuel's design work in two streams. First is the Core Collection – the everyday pieces, including trousers, shirts and outerwear staples. These are things we refine season after season: well-cut, durable and in a timeless palette that people can identify as a Stiebeuel Core item.

Then there are our narrative releases, such as Return to Nature with Compassion, Volley, Mountain, or Fresh, Pure and Organic. These collections give us the freedom to play with colours, experiment with silhouettes, explore storytelling through the garments and introduce bolder prints. They also let us wander away from just staple items, but the concepts always stay in line with our brand ethos.

Honestly, we often feel these collections could almost be brands on their own, each with its own identity and world.

> 'Seeing an idea grow from a sketch all the way to a finished garment is really satisfying'

STIEBEUEL STORE
202 BREE ST.

> ‘Having our own space also lets us shape our identity in a way we can’t when we’re stocked alongside other labels’

LEFT *An illustration by Tiffany Schouw to mark the store’s first birthday.*

BELOW *A collab launched at the VOR store in Munich.*

OK // The Store is a recent extension of the Stiebeuel brand. Explain the decision to open up a space, and how you have found the experience of having and running it.

NN // Opening the store felt like a natural next step for Stiebeuel. It gives people the chance to touch fabrics, see details up close and really immerse themselves in the brand.

Having our own space also lets us shape our identity in a way we can’t when we’re stocked alongside other labels in boutique collectives – from the interior to the product display, and keeping the team up to speed on product knowledge so they can curate the experience.

Beyond shopping, it’s becoming a space for creative experiences, including launches, collaborations and events like First Thursdays in the summer, where people can connect directly with the story behind what we make.

OK // How do you engage with the local creative community, and how far does that inform your collections or direction?

NN // We connect with the local creative community in many ways, collaborating with illustrators, graphic designers, and even winemakers. One of my favourite projects was with Wasted Wine Club. We dyed T-shirts with grape skins from their wines, and then served that wine at the launch.

Working with other creatives keeps our collections fresh and inspires new ideas. It’s not just about the clothes – it’s about creating experiences and stories people can really engage with.

LIGHTHOUSE

COVID forced the film industry to shut down, especially international projects, which pushed me to focus more on Stiebeuel. Around that time, an old friend, Ryan Brussow, coincidentally someone I'd shared the music stage with years earlier, got in touch to explore an idea he had. This idea would become the brand Cultish.

With film work dried up we began developing Cultish. In the early phases, production happened at other Cape Town manufacturers, similar to how Stiebeuel had operated. We soon decided to bring all production in-house, and that's how Lighthouse was born. Ryan and I co-own Lighthouse, which manufactures both Stiebeuel and Cultish.

We started with just two machinists and a cutter when we weren't producing garments (the market was slow due to the pandemic). Lighthouse even manufactured branded COVID masks.

Lighthouse has expanded its services to support other well-known local and international designers. We also developed a new brand, Premium Blanks, offering high-quality basics ready for branding, and recently added an in-house silkscreen printing division, enabling us to handle almost every stage of production internally. This growth has allowed for full creative and production control while supporting multiple brands and projects.

Stiebeuel
SPECI ATCH
PRO 001'22
VOR

ANNO 1945
FRANSCHHOEK
CELLAR
WINES
FRANSCHHOEK CELLAR
Statue de Femme
SAUVIGNON BLANC

#NO18 !org

NO ALCOHOL MAY BE SOLD TO PERSONS UNDER THE AGE OF 18.

TERRIFIC TRIFECTA

From a country hideaway to a coastal gem and city starlet, Cape Town has come out of a winter hibernation with a clutch of world-class accommodations

Magical views from Tintswalo Atlantic's pool deck.

BELOW *Guests are shuttled down to Tintswalo from a parking area just off Chapman's Peak Drive.*

BOTTOM *Each room is named after an island and styled uniquely.*

SEASIDE SANCTUARY

Tintswalo Atlantic is an experience everyone should have at least once in their lifetime, writes ***Ryan Vrede***

Some hotels offer a room with a view, and then there is **Tintswalo Atlantic**, where the view *is* the room. Perched on a secluded strip of shoreline at the base of Chapman's Peak Drive, this boutique lodge is one of Cape Town's most extraordinary escapes. It feels less like checking into a hotel and more like slipping away into a private world suspended between mountain and sea.

Part of Tintswalo's magic is its sense of arrival. Guests are collected at the entrance to Chapman's Peak and driven down a winding private road that hugs the cliffs until, suddenly, the lodge appears at the ocean's edge. Waves crash so close you can taste the salt in the air. It's hard not to pause here, to take in the drama of The Sentinel standing guard over Hout Bay and the Atlantic stretching endlessly ahead.

The lodge blends rustic wood and stone with understated elegance. There's nothing flashy here, just the quiet luxury of space, sea and solitude. A central lounge with soaring windows doubles as both reception and retreat, while outside decks spill onto the rocks, beautifully blurring the line between indoors and outdoors.

Tintswalo has just 10 suites, each individually decorated and named after an island – from Corsica to Lamu. The result is a sense of intimacy that bigger hotels can't replicate. Interiors are plush without being overdone: fireplaces for winter evenings, generously sized beds dressed in crisp linen, freestanding baths with ocean views, and balconies that almost hang above the waves.

The sound of the sea is constant, sometimes soothing, sometimes dramatic, but always present. It anchors every moment, whether you're sipping morning coffee on your deck, soaking in the tub, or drifting off to sleep. For couples, it's

> The sound of the sea is constant, sometimes soothing, sometimes dramatic, but always present

ABOVE *Chefs Warehouse at Tintswalo Atlantic offers guests world-class dining.*

BELOW *Enjoying a meal on the deck is an essential part of the experience.*

as romantic as it gets; for solo travellers, it's restorative in a way that only being this close to nature can be.

Dining at Tintswalo is a highlight in itself, thanks to the partnership with Chefs Warehouse. This isn't a generic hotel restaurant – it's a destination. The menu adheres to the brand's much-loved philosophy of global tapas: Four courses served as a series of small plates designed for sharing. The focus leans naturally toward the ocean, with fresh linefish, shellfish and seasonal ingredients given delicate, inventive treatment.

Meals unfold slowly, often to the soundtrack of waves rolling beneath the deck and the sky shifting colours at sunset. It's less about rushing through a meal than it is about lingering over flavours, wine and views that are among the most spectacular in the Cape.

Beyond the suites and the restaurant, Tintswalo encourages you to slow down. The heated pool on the deck is perfect for lazing with a book, while you can book in-room spa treatments if you'd rather not move a muscle. For those who do want to explore, it's in an ideal location: Hout Bay is minutes away, the Constantia Wine Route is close by, and Cape Point is just down the Cape Peninsula. But most guests come to do very little – and that's the true luxury.

Tintswalo Atlantic is not a hotel you stumble into; it's a hotel you seek out. It's remote, it's intimate, and it carries a sense of exclusivity without pretension. Whether you are celebrating something special or need to escape the city for a night, it offers one of Cape Town's most unforgettable experiences. Come for the ocean, stay for the food, and leave with the sense that time stood still, just for you.

Tintswalo Atlantic
Chapman's Peak Drive, Hout Bay
021 201 0025;
reservations@tintswalo.com
tintswalo.com/atlantic
◎ tintswalo_atlantic

Chefs Warehouse at Tintswalo Atlantic
tintswalo@chefswarehouse.co.za
Reservations via dineplan.com
◎ chefswarehousetintswalo

PHOTOGRAPHY ANDREW MORGAN

TIMELESS TRANQUILLITY

Constantia's Green Heart, The Cellars-Hohenort, offers guests the feeling of complete seclusion despite being just minutes from the city centre, writes ***Ryan Vrede***

In a city where boutique hotels often compete for views of the sea, **The Cellars-Hohenort** offers something different: a sanctuary of gardens, history and quietly confident luxury. Tucked into the heart of Constantia's wine valley, just 15 minutes from the city centre, this five-star retreat feels worlds away. It's a place where heritage meets contemporary comfort, where centuries-old camphor trees cast shade over manicured lawns, and where every detail is designed to make you slow down.

Part of the Relais & Châteaux collection, The Cellars-Hohenort is steeped in history. The estate dates back more than 300 years, and its name reflects two of its original homesteads: The Cellars and Hohenort. While the walls hold echoes of the Cape's past, the atmosphere today is gracious rather than grandiose. Think country house charm

The Cellars-Hohenort is steeped in history, dating back more than 300 years

ABOVE *The Conservatory offers plenty of sun-drenched spots to enjoy long, lazy lunches.*

BELOW *The gardens at Cellars are a love letter to nature.*

with modern touches woven in to create a space that feels both established and fresh.

The property's layout is sprawling, but never overwhelming. Gardens and winding pathways connect the historic buildings with the spa, the conservatory and the pools. Every corner invites exploration – whether you're wandering through rose gardens, pausing beneath centuries-old oaks, or finding a tucked-away bench to read in the sun.

The hotel offers 51 rooms and suites, each with its own style. Some are classic and wood-panelled, others airy and modern, but all are spacious and designed with a sense of home. Expect plush bedding, deep baths, and little luxuries like Nespresso machines and underfloor heating in winter. Suites look out over either mountain slopes, vineyards or those endless gardens, and if you're travelling as a family, the larger apartments and villas make it feel like your own Constantia home.

What sets The Cellars-Hohenort apart is the balance between privacy and sociability. You can retreat completely into your room or step into communal spaces – like the glassy Conservatory restaurant or the terraced pool deck – where the hotel's quiet energy makes it easy to linger.

Dining here is a highlight in itself, thanks to The Conservatory, the hotel's signature restaurant. Framed by glass walls that bring the lush gardens indoors, it's a space that feels both elegant and unpretentious. The menu is informed by seasonal ingredients, with a focus on fresh produce and contemporary interpretations of familiar dishes. Expect dishes like slow-braised Karoo lamb shoulder, fresh linefish with garden herbs, and indulgent desserts that celebrate classic flavours. Breakfast is equally memorable – think artisanal pastries, Cape cheeses and a cooked-to-order menu that makes lingering over coffee almost irresistible. It's the kind of restaurant that feels perfectly in tune with the setting: refined, welcoming and deeply connected to its Constantia roots.The hotel's 9.5 acres of award-winning gardens are worth a visit in their own right. Guests are welcome to wander freely among rose beds, herb gardens and ancient trees, with the Table Mountain range as backdrop. For those seeking further relaxation, the Fresh Wellness Spa offers an array of treatments, including facials, massages and full-day packages, often using botanicals grown on the estate itself.

Two solar-heated pools, tennis courts and bicycles add a layer of activity, while the estate's location makes it easy to dip into both city and wine country in the same day. But most guests find themselves reluctant to leave – The Cellars-Hohenort has a way of folding you into its quiet rhythm.

The Cellars-Hohenort isn't about flash or show. It's about refinement, heritage and the kind of gracious hospitality that makes you feel like you're privy to a Constantia secret. Whether you come for a romantic weekend, a family escape, or a solo recharge, it's the kind of place that redefines luxury: not as excess, but as space, calm and time.

***ABOVE** Cellars feels like a country escape despite its proximity to the CBD.*

***BELOW** The rooms have an old-world charm.*

93 Brommersvlei Road, Constantia
021 794 2137;
reservations@cellars-hohenort.co.za
thecellars-hohenorthotel.com
TheCellarsHohenort
thecellarshohenort

PHOTOGRAPHY COURTESY IMAGES

RIGHT *The lobby at the Canopy by Hilton Cape Town Longkloof.*

BELOW *This is one of the newest in a worldwide chain of luxury Hilton boutique hotels.*

LAID-BACK LUXURY

Views from the suites and gourmet dining shine at Canopy by Hilton Cape Town Longkloof, writes ***Aidan Daries***

Tucked beneath the sunny skies of Cape Town weekend, the **Canopy by Hilton Cape Town Longkloof** was a luxurious getaway – especially as my suite had a breathtaking view of Lion's Head and the food was equally impressive.

My plus-one and I checked into one of the hotel's plush suites for a one-night stay, and what followed was a seamless blend of comfort, elegance and indulgence.

Our suite was modern yet cosy, with an expansive window framing Lion's Head like a living postcard. The city glistened beneath a soft mist, while the mountain loomed behind a light veil of clouds. It was the kind of view that makes you want to wrap up in a robe, order room service, and let time slow down.

But first, dinner awaited downstairs at the esteemed Ongetem – and it did not disappoint. For starters, my plus-one ordered curried mussels, served with a Malay pickled vetkoek and crisp onions *à la Jardine* (in the style of the garden). The dish fused Cape heritage with fine dining: tender mussels bathed in a spiced, creamy broth, tangy-sweet vetkoek and satisfyingly crunchy onions for a bold finish.

I opted for the confit beef ribs with *soy au jus* (a dish served in its own juices and soy sauce). From the first bite, it was love at first taste – the beef fell apart with the gentlest nudge of a fork, while the *soy au jus* added a silky, umami depth that lingered long after I'd finished eating.

Mains followed swiftly. My plus-one enjoyed a 300 g sirloin steak with furikake-dusted chips, cooked to medium perfection, juicy and flavour-packed,

RIGHT The rooms are modern and well-appointed.

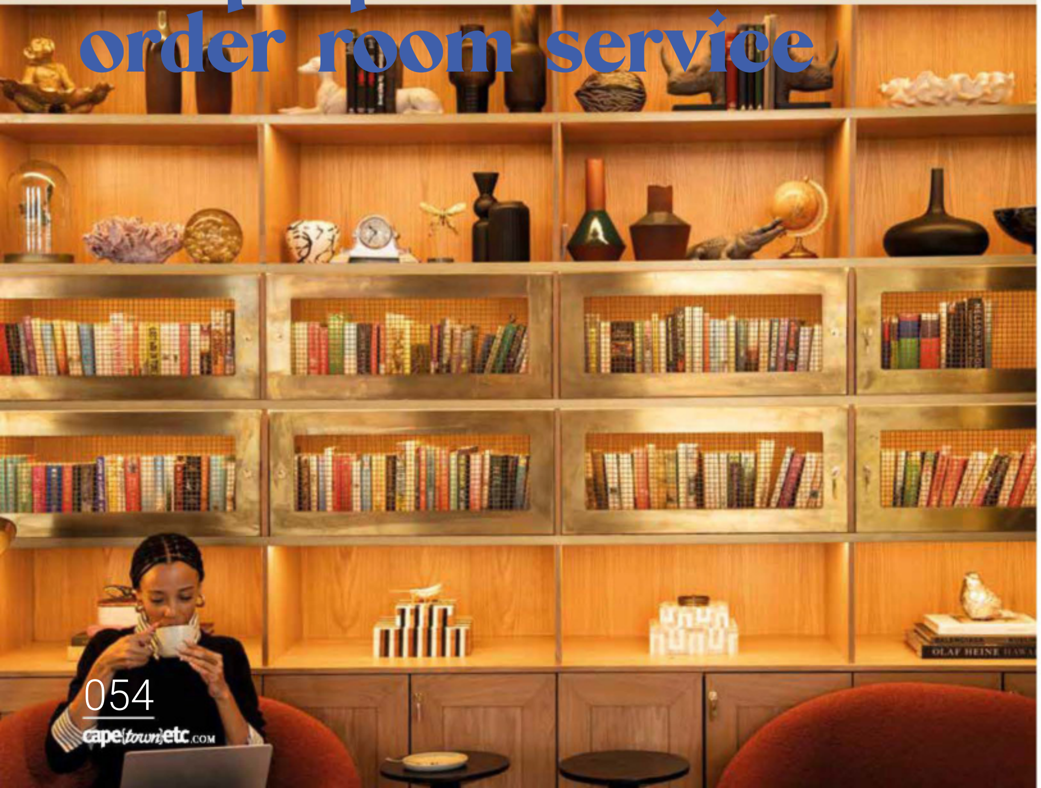
BELOW The hotel offers plenty of spaces to unwind.

while the Japanese seasoning added an unexpected twist. I went for the home-ground cheeseburger, stacked with Emmentaler and Cheddar, slathered with burger mayo and nestled in a pillowy home-made bun. The burger alone would have been a standout, but the sweet potato side – glazed with orange and topped with candied pecans – stole the show, a perfect bridge between side dish and dessert.

We sipped Rose Garden mocktails throughout – refreshingly floral and citrusy concoctions as photogenic as they were delicious.

Dessert arrived in style. My plus-one had the Basque cheesecake, perfectly caramelised at the edges with a velvety centre, while I indulged in the crackling bun, drenched in decadent hot chocolate and cardamom sauce.

> It was the kind of view that makes you want to wrap up in a robe and order room service



The following morning, breakfast mirrored the previous evening's excellence. From fresh pastries and fruit to a hearty cooked selection, we savoured the moody winter atmosphere through the suite's massive windows.

Canopy by Hilton Cape Town Longkloof felt like sunshine. The staff were friendly and attentive without being intrusive, interiors were chic yet welcoming, and every element – from the food to the linens – was carefully curated for comfort.

This wasn't just a stay; it was an experience. A perfect blend of Cape Town charm, culinary excellence and modern luxury. Canopy by Hilton Cape Town Longkloof delivers a top-tier city escape with soul – one I'd recommend.

Canopy by Hilton Cape Town Longkloof
Park Road, Gardens
021 569 8880;
CPTLO_RES@hilton.com
hilton.com
◎ canopybyhiltoncapetown

Ongetem Restaurant & Bar
ongetem.com
◎ ongetemcpt
Reservations via dineplan.com or hotel website

PHOTOGRAPHY COURTESY IMAGES;
PRICES CORRECT AT TIME OF PRINT AND SUBJECT TO CHANGE

Your property deserves more than management,

IT DESERVES DEDICATION.

For over 20 years, we've been helping Cape Town property owners unlock the full potential of their investments. Routine inspections, feedback loops, and quality control processes ensure that your property is always well looked after while guests enjoy the best of what Cape Town has to offer.

To make sure we're doing the best we can for you and your property, we stay on top of the latest trends and technology. Using state-of-the-art systems for guest screening, booking insurance, noise monitoring, and reporting.

Looking after your property is in our DNA, because we're property investors here too.

www.nox.capetown | info@nox.capetown | +27 21 201 1217

NOX
RENT. BUY. MANAGE. SELL

Ismail Amos, the founder and head chef at The Wiggle Room.

OUT OF THE COLD

Winter hibernation ends here. Cape Town's culinary offerings are in bloom

TANTALISING TRIFECTA

The Wiggle Room on Bree Street is a breath of fresh air on Cape Town's culinary scene, writes ***Ryan Vrede***

I was rapping along to 'Hit 'Em Up'. Aggressively. Matching Tupac's energy, while holding a glass of impossibly good wine from an off-the-beaten-track winery and snacking on something tasty that Chef Ismail Amos had created a metre away.

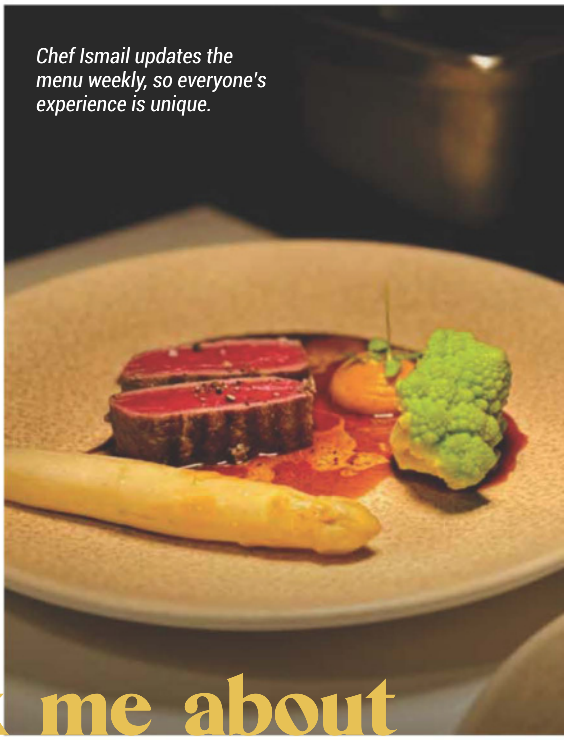
His passion for food is matched only by his love of music, and it's central to **The Wiggle Room** experience.

The lady sitting to my right asked, 'Do you know this song?' She looked less than enthused by the lyrics and delivery. 'Yes, this is my vibe. I'm a '90s child,' I replied. The playlist delivered banger after banger, and the kitchen matched it dish for dish.

Cape Town has been crying out for this restaurant – a sharp hit of originality on a dining scene that too often feels safe, predictable and a little bland.

That's not to say the city isn't blessed with talent. It is – evidenced by the steady stream of culinary awards bestowed on it by acclaimed local and international entities in recent years.

What struck me at The Wiggle Room was its uniqueness, its depth of experience. It



Chef Ismail updates the menu weekly, so everyone's experience is unique.

reminded me of one of the most memorable meals of my life – a warm New York evening at Noodle Bar Uptown, an Asian-fusion masterpiece from David Chang's Momofuku stable.

There, '90s and early 2000s hip-hop and R&B pulsed from the speakers while 10 friends and I demolished world-class, unpretentious food. The music was loud enough to set the tone but never drowned out the conversation. That night still comes up six years later in group chats.

I suspect I'll be saying the same in 2031 about Chef Ismail's Bree Street bastion of brilliance.

He grew up in Durban but has lived in Cape Town for the past three years. He earned his fine-dining stripes at some of the city's best restaurants, including Chefs Warehouse at Tintswalo Atlantic, and later honed his craft abroad. The journey to The Wiggle Room, though, was anything but smooth.

What struck me about The Wiggle Room was its depth of experience

'I was a difficult kid,' he reflects. 'I only went to school until grade eight. I was in a different life. I woke up one day and I found out I'd lost my best friend. So I thought fuck it, I'm going to just try different shit. I tried welding, painting, all sorts. I couldn't find a job. Then, I decided to try culinary school in Durban. They told me I needed a deposit, and I had it in cash. I paid, walked into the kitchen, and never looked back. Food chose me.'

Chef Ismail says not a minute goes by when he isn't thinking about food, music and fashion – the latter confirmed when he complimented me on the 'fit I'd planned meticulously. I'm an attention-to-detail guy. My creative expression – in this case, a cropped bomber, flared cargos and a pair of Nike SB Air Max 95s – has to work in harmony. That's the same philosophy underpinning The Wiggle Room: food you won't forget, set to a soundtrack that stays with you, in a space where style is part of the story.

But let's be clear: there's nothing pretentious here. If you're part of the Cape Town crew who obsessively engineer perception, or one of the Jozi jollers who need a big-name restaurant for Instagram validation, you'll feel out of place.

People who get The Wiggle Room are effortlessly cool. They're kind. They appreciate Chef Ismail's vision. Because this isn't just another restaurant – it's an artistic statement, executed at a level that can withstand harsh scrutiny.

Not that Ismail seems bothered by external judgement.

'If you get it, you get it,' he offers, almost as a manifesto. 'I make experimental yet thoughtful dishes with love and passion. Of course, I want people to like it. But I also know not everyone will, and that's okay. I've picked a lane. I'll find my people, or they'll find me.'

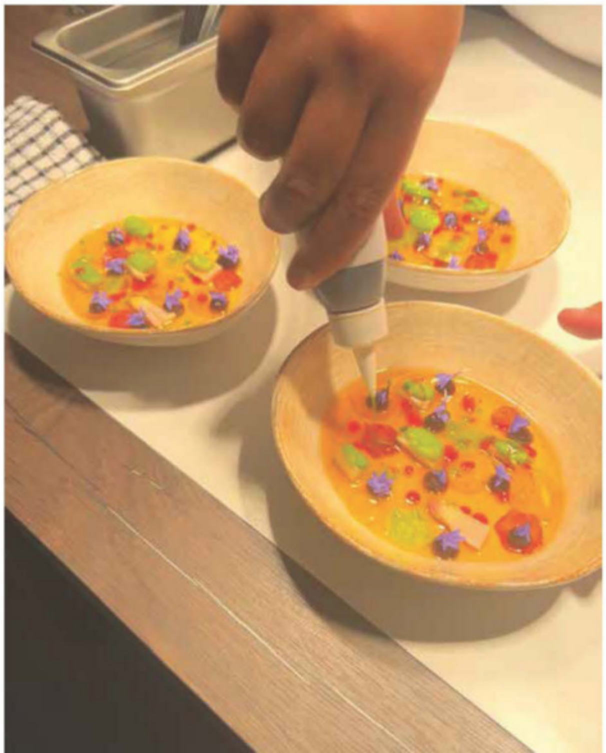
For now, you'll find him behind the counter in his omakase-style joint on Cape Town's culinary catwalk, serving a menu that changes every week, and collaborating with like-minded chefs.

You'll hear the music. You'll feel the food.

61 Bree Street, Cape Town
events@wiggle.capetown
Bookings via dineplan.com
Thursday to Saturday, from 6.30 pm (single seating)

ABOVE *Collaboration is a cornerstone of The Wiggle Room's ethos.*

BELOW *The Wiggle Room does refined dining with a playful twist.*



PHOTOGRAPHY COURTESY IMAGES

SMOOTH OPERATOR

Tambourine brings a touch of effortless elegance to Cape Town's East City, writes **Bevan Booysen**

Walking into **Tambourine** on Harrington Street, you're struck by how unforced everything feels. No silverware clinks to intimidate; no over-fussy linen or showy pomp. Instead, you find a beautifully renovated heritage building, warm light, a palette of ochre reds, deep blues and tan leather seating. It feels like someone wanted you to be comfortable – to relax and eat well.

Tambourine is built around small plates, encouraging sharing and curiosity rather than rigid starters and mains. The kitchen draws on African ingredients, Southeast Asian influence, and a broad set of global techniques. Much of the produce comes from regenerative farms, pasture-raised meat features prominently, and the cooking often celebrates flame, char or smoke.

Head Chef Keane Munro and Executive Chef Kyle du Plooy are steering the ship, and their approach is less about defining a South African cuisine and more about creating a dialogue between flavours. It feels both rooted and adventurous.

Some dishes deserve special mention. The white wine and hay butter risotto with Jerusalem artichokes and pistachio is silky and comforting, with clever textures that keep it light on its feet. The charred baby cabbage with chestnut, date and chive breadcrumbs is one of those plates that makes you rethink the humble vegetable.

On the protein side, the aged beef tri-tip with bone marrow butter is smoky and indulgent, while the lamb rib and loin with pap is deeply satisfying. Even the more playful dishes – the wings stuffed with bacon jam, glazed in bourbon and peri-peri – carry a sense of fun and flair. If you're expecting knife-and-fork refinement, you may find a touch of rusticity here and there, but that's part of Tambourine's charm. The menu is about flavour, generosity and sharing, not pristine minimalism.

Tambourine has a casual energy that suits its setting. The décor – bold colours, warm lighting and expressive art – creates a space that feels both modern and grounded. It's lively without being overwhelming, making it as suitable for a celebratory evening as it is for a relaxed midweek dinner.

Service is where Tambourine shines brightest. The staff are attentive without hovering, and there's a genuine warmth to the way they engage with diners. My server,

Ethan, was exceptional – knowledgeable about every dish and thoughtful in guiding decisions without ever making it feel prescriptive. His suggestions shaped the flow of the meal, and the enthusiasm with which he spoke about the food gave the experience an added connection.

Because the menu centres around sharing plates, there's a small element of strategy involved: order too few and you'll want more; order too many and you may struggle to finish. But part of the fun is in finding that balance with your table.

Pricing feels fair for the quality of ingredients and the evident care in the cooking. It isn't inexpensive, but neither is it trying to price itself into exclusivity. Instead, it strikes a middle ground: accessible for a special night out, but polished enough to feel like a treat.

Tambourine is the kind of restaurant that rewards curiosity. It invites you to share, to mix and match, and to enjoy food that is both considered and generous. It's not about theatrical dining; it's about bold flavours, a sense of place, and a team that genuinely wants you to enjoy yourself.

If you go, bring people you want to linger with. Order widely, let the dishes arrive as they're ready, and trust the staff – especially if you're lucky enough to be looked after by someone like Ethan. Tambourine isn't just a restaurant worth trying; it's one worth returning to, again and again.

104 Harrington Street, Cape Town
021 612 0528;
Bookings via dineplan.com
Monday to Saturday, from 6 pm to 11 pm, Saturday, from 12 pm to 3 pm

***LEFT** Tambourine does familiar favourites with a tasty twist.*

***BELOW** The interior is minimalist with a classic edge.*

***BELOW LEFT** Flavour profiles are broad but manage to tie together perfectly.*

***FAR LEFT** Head Chef Keane Munro.*

PHOTOGRAPHY COURTESY IMAGES

Tambourine is built around small plates, encouraging sharing and curiosity

Immerse Yourself...

Experience the
best classical and
contemporary cuisine,
rare wine vintages,
breathtaking views,
unsurpassed service,
the finest cultivars...

A combination so
refreshingly satisfying,
it should be savoured
every day.

We have moved! Find us at Entrance 1 on the first floor.
Shop 7226, Victoria Wharf, V&A Waterfront, Cape Town
Tel: 021 421-0935/6/7
Email: baiarestaurant@wol.co.za
Website: baiarestaurant.co.za

☆ ☆ ☆ ☆ ☆

BAÍA
SEAFOOD RESTAURANT

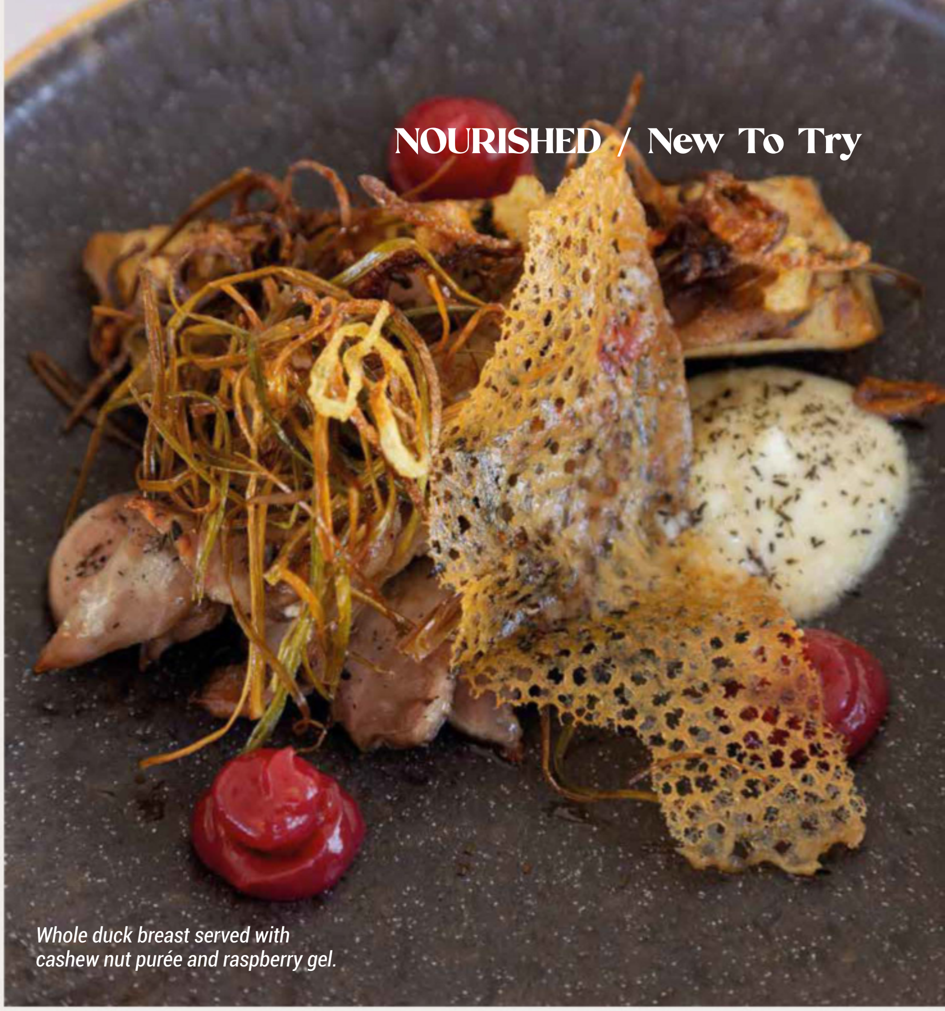
C'EST MAGNIFIQUE!

Why open a French fine dining restaurant in Hout Bay? The better question, as **Lisa Abdellah** *asks, is what was this village missing without one?*

Everywhere, there are echoes of **Restaurant Isabelle's** namesake, the owner and founder, Dominic Carosin's late-grandmother.

In the crisp tablecloths, the glassware, the soft, French music, family photographs, including a portrait of her, and the intimate, homely atmosphere. We see it all as our waitress, Fadzaai, ushers us inside and shows us to our table. The views of the mountains and the beach are superb.

Dominic lived in many places during his childhood due to his father's work in the sugar industry. Zimbabwe (then Rhodesia), Malawi, Mauritius and the Côte d'Azur (the French Riviera). His grandmother's cooking inspired him to train as a chef in Lausanne, Switzerland. Isabelle was born in France, but during the war, she and her family moved to Mauritius, where she stayed.


Whole duck breast served with cashew nut purée and raspberry gel.

RIGHT *The atmosphere at Restaurant Isabelle is intimate and homely.*

Owner and founder Dominic Carosin.

His grandmother's cooking inspired him to train as a chef in Switzerland

Her passion for food led her to study cordon bleu cuisine, and her love language was sharing her creations with loved ones. Candied fruit, left to dry on the windowsill – too sweet and chewy for young Dominic to resist stealing. He would stand on a bench, watching and learning while Isabelle prepared rabbit stew or freshwater prawns in a rich *sauce rouge* (a red wine and butter sauce), served over palm hearts.

Every element was intentional: the meticulously set tables, the gleaming cutlery, the exquisitely presented food, the spaciousness to savour it all. That's not to say Dominic hasn't put his stamp on Restaurant Isabelle.

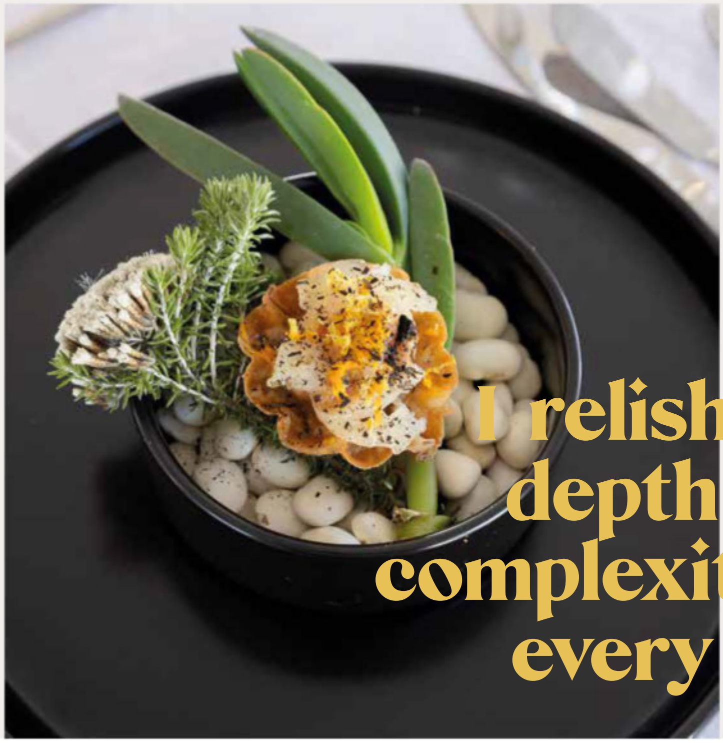
He's reimagined French gastronomy through the lens of modern South Africa, and the proof is in the pudding – in this case, a soufflé. We start with an amuse-bouche, a spiral of smoked black marlin from Mauritius, sweet yet salty, balanced with a tangy tamarind and lemongrass dressing.

Fadzaai explains that this is their signature dish – and in my opinion, the most artfully presented. She instructs us to eat with our hands. It's small but mighty, and I relish the depth and complexity in every bite. Next is *pain artisanal* (artisanal bread), brioche with a golden crust. Inside is an almost pastrylike centre, best slathered with home-made truffle or citrus butter while it's still steaming.

For the *poisson* (fish) course, sea bass. As the taste is mild, it's all about the texture, and this roasted fish is melt-in-the-mouth tender. The flavour comes from other bold ingredients, namely, citrus, fennel and saffron. Yes, Dominic imports black marlin from Mauritius because it isn't available here, but the sea bass is local, the duck comes from a farm in Kommetjie, and the French cheeses are from a specialist store in Cape Town that imports them.

ABOVE *Crème brûlée, served with a pistachio crust.*

BELOW *Smoked black marlin with a tamarind and lemongrass dressing.*



I relish the depth and complexity in every bite

Raw talent, he nurtures. Terrin, who works in the kitchen, had no prior training or experience, but he admires her passion, patience and attention to detail – she even has a little book in which she writes down the recipes she learns. Ndu, a trained mixologist, heads the bar. Not forgetting Fadzaai, who oozes personality and has an aptitude for storytelling.

Back to the food. For dessert, a Grand Marnier soufflé, freshly baked, still hot, with its delightful dome risen in a ramekin and dusted with icing sugar. Fadzaai shows us how to eat it: by cracking open the exterior with a spoon and then pouring the vanilla crème anglaise into its fluffy centre.

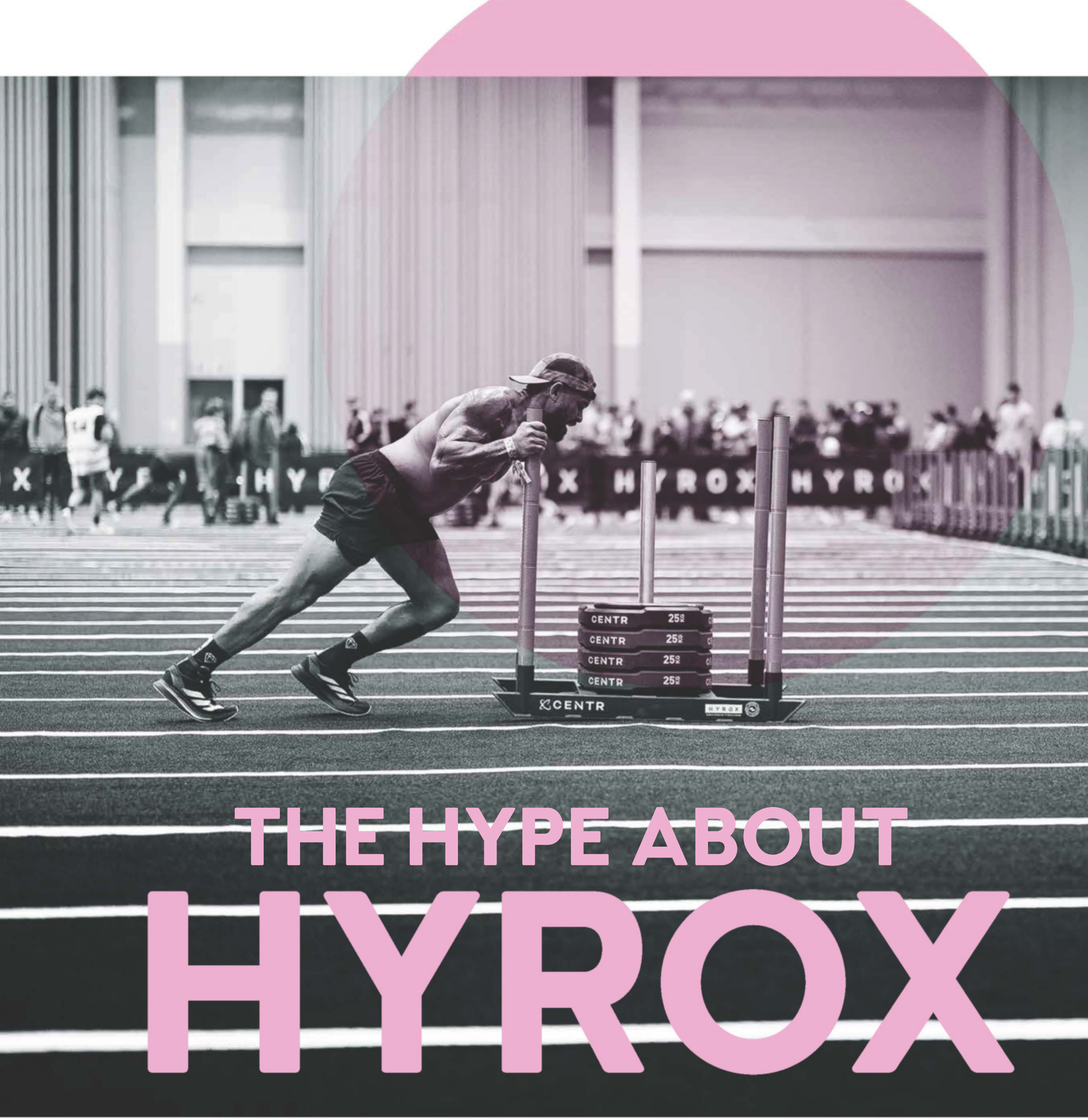
The word heavenly doesn't do justice to how a mouthful of these components combined tastes.

21 Victoria Avenue, Hout Bay
072 784 5207 / 081 018 7838;
enquiries@isabellehoutbay.com /
dominic@isabellehoutbay.com
isabellehoutbay.com
RestaurantIsabelle
Wednesday, from 6 pm to 9 pm, Thursday to Saturday, from 12 pm to 9 pm, Sunday, from 12 pm to 3.30 pm (Various menus, from a bistro-style lunch menu to a seven-course dinner. Booking essential.)

PHOTOGRAPHY KYRA WELCH

LANZERAC
1692
Pionier Pinotage
SINGLE VINEYARD
PIONIER PINOTAGE 1959 SINGLE VINEYARD
STELLENBOSCH
JONKERSHOEK VALLEY, SOUTH AFRICA

www.lanzerac.co.za | 021 887 1132 | @lanzeracestate



THE HYPE ABOUT HYROX

It’s the world’s fastest-growing fitness sport. What is it? And why does it appeal to the masses?

Words by **Lisa Abdellah**

It's electric, the music, the crowds of people everywhere you look. You're standing in a starting chute, there's a countdown on a TV screen, and your adrenaline is pumping. Is this what being a gladiator feels like?

This is how participants describe the atmosphere at a HYROX event. The origin story goes that back in 2017, two German guys, Christian Toetzke, one of the world's most experienced and successful mass-participation race event organisers, and Moritz Fürste (an Olympic field hockey champion), designed a course for gymgoers and runners, combining eight 1 km runs with a functional workout station in between.

Now, there are events in more than 30 countries and over 85 cities. The recent event in Cape Town attracted approximately 6 200 athletes: 51% men, 49% women, 70% first-timers and seven adaptive athletes. An estimated 5 500 fans filled the venue. 'Spectator tickets sold out a fortnight before the event,' says Race Director Simon Goldsbrough.

HYROX is popular for numerous reasons. Most importantly, it's accessible. There's no finish time restriction, no qualification required to enter, and different divisions – from relay teams to doubles and pros – and staggered start times mean it isn't obvious where you are in the field, leaving you to compete against yourself without fear of coming last.

The functional movement stations are simple: SkiErg, Sled Pull, Sled Push, Burpee Broad Jumps, Rowing, Farmers

***BELOW** Adaptive athlete and HYROX World Champion Rebecca Nagel performs the Sled Pull at HYROX Cape Town.*

***LEFT** A competitor pushes a sled in the Men's Open division.*

SLED P
PUMA
YR

***BELOW** Blitzboks superstar Siviwe Soyizwapi participates in the Men's doubles with Luke Jacobs.*

***RIGHT** Cleo Albertus refuels with a Red Bull after the event.*

***BELOW RIGHT** A competitor rows hard at HYROX Cape Town.*

Carry, Sandbag Lunges and Wall Balls. Purists would argue it doesn't test every attribute of fitness because there's no powerlifting, but its slant toward strength endurance is why it appeals to the masses. Look how popular parkruns are worldwide.

As HYROX is a hybrid sport that combines strength exercises with running endurance, it attracts not only people from all walks of life and fitness levels, but also athletes from different sporting codes who wouldn't usually connect, including elite CrossFitters like Lauren Weeks and obstacle course racers like Hunter McIntyre.

'Remember that this sport started in 2017, and now, eight years on, there are youngsters for whom HYROX is their first real sport,' says HYROX Performance Coach Scott MacIntosh. That'll be exciting to watch!

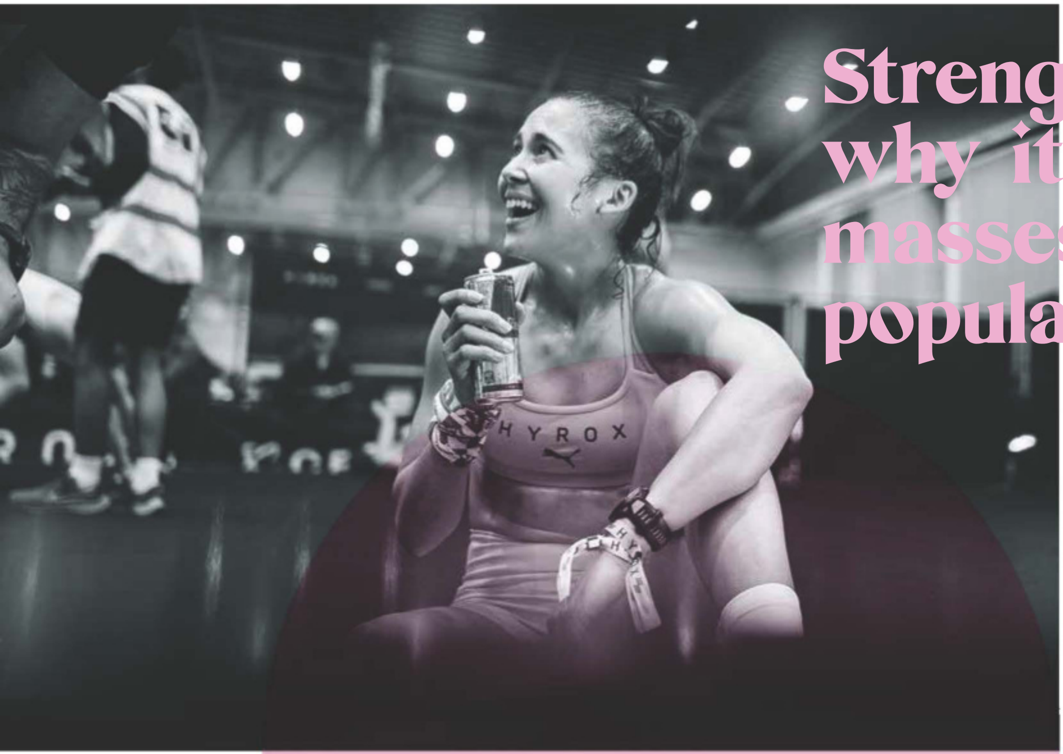
At the highest level, Scott says you must have an aptitude for running. Trail Runner and CrossFitter Cleo Albertus trained for the Cape Town event with Scott as her coach shortly after participating in the 100 km Mountain Ultra Trail by Ultra-Trail du Mont-Blanc. 'My background is advantageous because if you're not strong in the strength components, you can make up for it if you can run fast.'

Each race is hosted indoors in an exhibition hall, which makes it spectator-friendly. 'I got to race in the event held at the Cape Town International Convention Centre (CTICC), and my parents followed me from station to station, which is unheard of in other sports,' says Simon. It's motivating stuff.

Holding HYROX indoors makes it easier to control the variables. As athletes compare their times on a global leaderboard, every venue must follow the same race format to ensure fair competition. For the Cape Town event, Simon's operations team had 24 hours to set up the course in an empty hall, requiring meticulous planning, even using a measuring wheel to ensure the running distances were precise.

'We implemented rule changes, such as simplifying penalties to minimise subjectivity and making the turf in the Sled Pull and Sled Push less likely to slip underfoot, as it had in the past due to humidity indoors. Our global team

HYROX
HYROX



> **Strength endurance is why it appeals to the masses. Look how popular parkruns are**

concept 2
concept
RowERG

is working on technological improvements, so we no longer have to rely on the human eye,' he says.

Simon is especially passionate about adaptive athletes having a platform to compete with their able-bodied counterparts. 'We adapted the course for their accessibility and held a briefing the night before to give them an idea of what to expect.' Ultimately, the race-day experience is more seamless.

HOW FIT SHOULD YOU BE?

'Obviously, you need a base fitness level, but it's far more achievable than you might think,' says Scott. Anyone who's fairly active can finish the race. 'That said, if you are planning to run and walk at all, you need to start the race with the ability to run 8 km non-stop.'

It depends on your goals. High-level athletes are pushing the needle in training. Their off-season is about laying the foundations: easy running with increased volume and less intensity, and in the gym, basic strength training.

Remember that Cleo had just done a long-distance race, which involved training to improve endurance. For HYROX, she had to run at a higher intensity. 'I'd do 1 km or 800 m repeats on the track and focus on HYROX-specific strength training,' she says. 'Simulation movements, such as the SkiErg, followed by a 1 km run, helped me learn the patterning of transitioning from one movement to another and managing my effort when running on compromised legs.'

And it paid off. Last Saturday, Cleo came fifth in the women's race at the Peninsula Ultra Trail Race (PUFfeR), reaping the benefits of all that strength training on the climbs and downhills.

There are 130 HYROX training clubs in South Africa – you can find your nearest one using the map on their website. Many of these are former CrossFit gyms that already have apparatus that's suitable for HYROX training. Boutique fitness spaces that rate the HYROX training methodology and have added to their existing facilities. Then, there are performance coaches like Scott, who offer one-to-one programming. In return, they have access to workouts, their academy and educational content. The more personalised your programme is, the better you'll do, but if you're new to the sport, group training can motivate you.

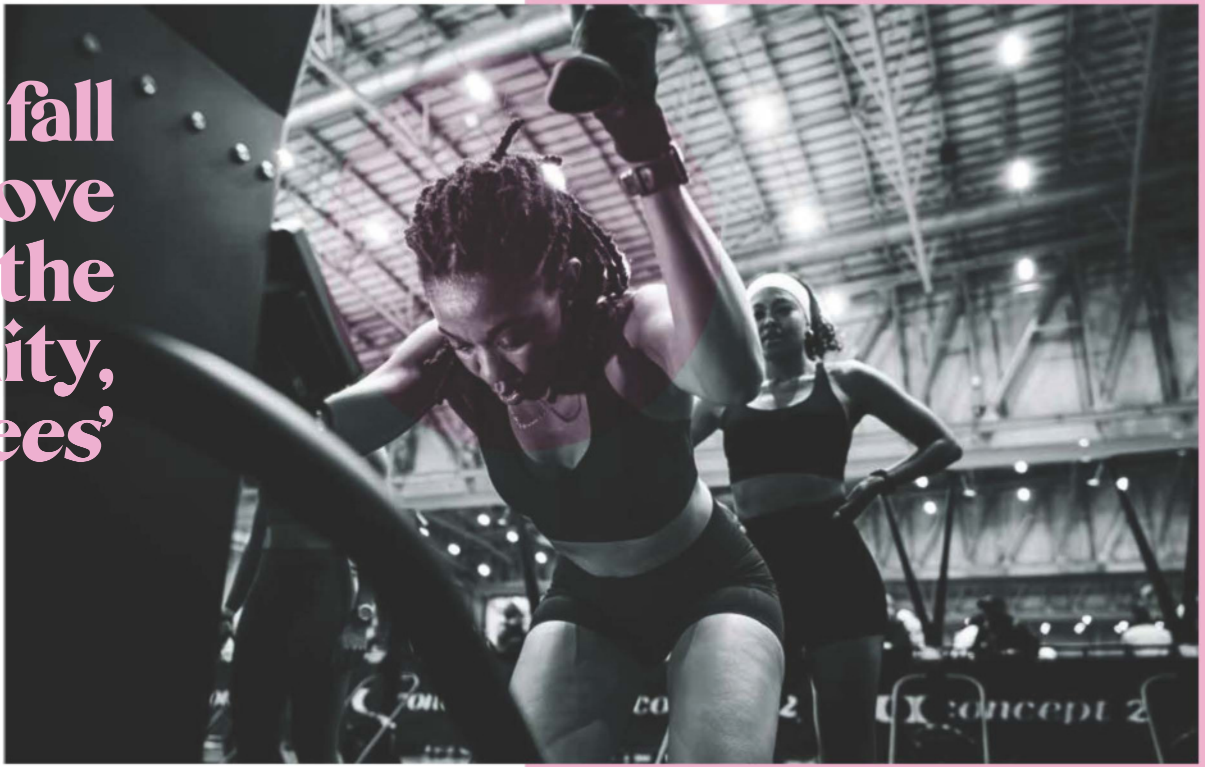
Scott's interest in strength and conditioning sparked when he played rugby as a youngster. He studied an honours degree in sports science, worked as a Virgin Active trainer and then opened a gym, where he trained high-level CrossFitters and MMA fighters.

How did he go from *that* to HYROX? 'When my wife Vicky and I started dating, she'd heard of HYROX through a client of hers who travels to Europe, and I was already chatting to a friend about opening a HYROX gym here, but it was unheard of four years ago – we didn't even know if they'd bring the race to South Africa,' he says.

'The sport suited Vicky, as she loves running and is an accomplished CrossFitter. From her first race, Vicky started winning, and this year, she came second in her age group at Worlds. Naturally, people were inspired by her and asked me to coach them. Now, I create online programmes for 30-odd athletes, and our gyms offer HYROX classes. We had 29 podiums at the last race.'

The training clubs host activations. While not the same as the event, they simulate race conditions, giving participants a feel for what to expect on race day and which division to enter. 'If you're using a training club, you could do these every eight weeks to track your improvement and motivate you,' advises Scott.

'You'll fall in love with the community, the *gees*'



ABOVE RIGHT *Caitlin Hood grinds a way at the Wall Balls, though she's still smiling.*

RIGHT *Two women perform the Ski Erg during the Women's Doubles at HYROX Cape Town.*

PHOTOGRAPHY FAHWAAZ CORNELIUS, BERNARD DE CLERK, WILLEM MOSTERT

***ABOVE** Two male athletes, neck and neck on the running course.*

***LEFT** Adaptive athlete Reyaan Traut, fully focused at HYROX Cape Town.*

Race day strategy is everything, since you'll be going for one hour or more. It's primarily an aerobic endurance sport, but you also need an excellent threshold ability and anaerobic capacity. Scott advises, 'You won't gain much time on the SkiErg and Rowing, so keep those stations aerobic. You need decent leg strength and power to push the Sled over 50 m. This station will push your intensity into your anaerobic zone, and the Burpee Broad Jumps are bound to jack your heart rate up, too.'

Cleo held back on the SkiErg because she knew it wasn't her forte. It paid off: She had enough left in the tank to hold the pace she'd planned on the 1 km runs.

GEAR AND FUEL

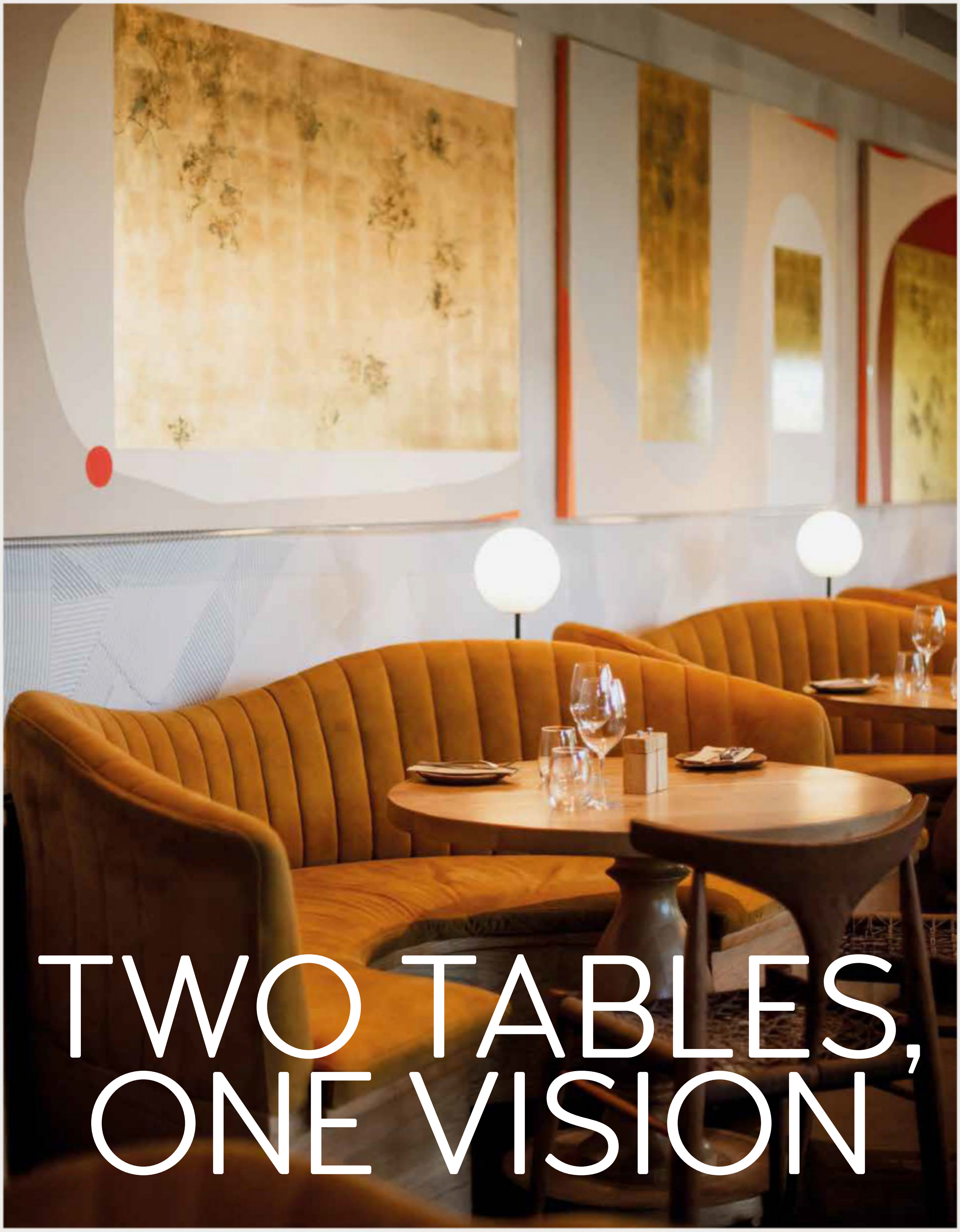
The less you wear, the better, not to show off chiselled abs, but because the race is indoors and a portion of it is high-intensity, meaning you get hot very quickly. Women should wear tights that don't ride up, so they don't have to waste time pulling them down. Shoes are another consideration, ones with decent grip for the Sled Push and supportive enough to hold your feet in place with no slippage while moving in multiple directions.

You may carry fuel with you during the race, such as energy gels and hydration. If you struggle with that, as Cleo did during the Cape Town event, she advises fuelling up beforehand.

She encourages, 'Don't think about it, just enter. The beauty of HYROX is that you're all in it together and you'll always feel part of it, if you're a pro or a beginner. You'll fall in love with the community, the *gees*.'

Dishes at Bistro Sixteen82 are generous without being heavy.

RIGHT *Understated elegance best describes the interior décor at Tryn.*



TWO TABLES, ONE VISION

Dining at Steenberg Wine Farm's Tryn and Bistro Sixteen82 should be an essential part of your plans this spring, writes **Dale Petersen**

the
PRESIDENT
HOTEL
cape town

LIFESTYLE
Preferred
HOTELS & RESORTS

CAPE TOWN'S
MOST LOVED HOTEL

STAY GREEN
at The President

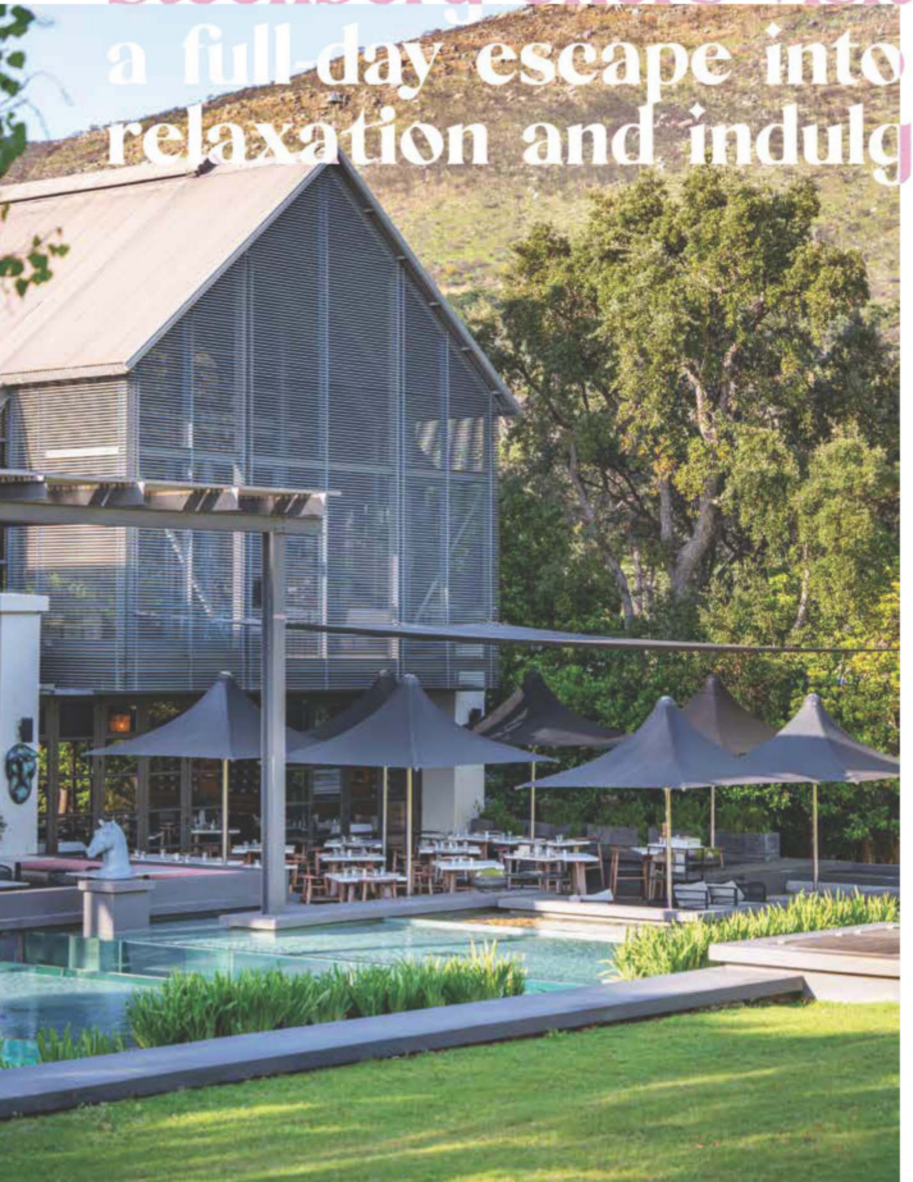
www.presidenthotel.co.za

A SEASON OF RENEWAL IN CONSTANTIA

Spring signals a sensory reset in Constantia. The vineyards begin their slow unfurling, the oaks and gardens green up after resting in winter, and the mountains stand sharp and clear against crisp skies. Water features shimmer in the light, birds pick at fresh buds, and the air feels washed clean.

Amid this scenery, **Steenberg Wine Farm** is both a historic landmark and a modern destination. The Cape's oldest registered farm, founded in 1682, marries heritage with contemporary ease. Today, Steenberg is known as much for its elegant wines and five-star hospitality as its two distinctive restaurants, **Tryn** and **Bistro Sixteen82**, each led by Executive Chef Kerry Kilpin. Together, they form the heart of a full-day escape into flavour, relaxation and indulgence.

***RIGHT** Kerry Kilpin, the executive chef at Steenberg Wine Farm.*



***BELOW** The Bistro deck is ready-made for leisurely lunches with friends.*

> Steenberg offers visitors a full-day escape into flavour, relaxation and indulgence

FROM TRYN TO TAPAS: TWO RESTAURANTS, ONE STORY

Steenberg's story begins with Catharina 'Tryn' Ras, one of the Cape's most audacious settlers. She was a 22-year-old widow who'd encountered lions, elephants and more than her share of hardship when she secured a patch of land below the 'Stone Mountain' in 1682. The estate takes its name from that landmark; its signature restaurant, Tryn, is named after her.

Across the way, Bistro Sixteen82 nods to Steenberg's founding year. Both restaurants reflect the estate's heritage while speaking in a distinctly modern voice – elegant, unpretentious and generous. That harmony comes courtesy of Chef Kerry, who has shaped Steenberg's kitchens for over a decade.

CHEF KERRY'S PHILOSOPHY

The classically trained chef joined Steenberg in 2014, first at Bistro Sixteen82 before taking the reins across both restaurants. She brings a grounded culinary philosophy: fresh, seasonal ingredients treated with respect, and layered with bright flavours, often drawing on Asian influences.

Her commitment to sourcing responsibly – particularly fish through initiatives like ABALOBI (ecologically responsible and socially fair seafood harvested by small-scale fishing communities) – has earned her quiet renown on the Cape dining scene. But it's the warmth and generosity behind her plates that make them unforgettable.

'Tryn is about refinement – delicate flavours elevated by high-quality ingredients and an extensive wine list,' Chef Kerry explains. 'At Bistro Sixteen82, the focus is more relaxed: Steenberg wines paired with vibrant, approachable dishes. Both are distinct, but united by the same philosophy.

'Sustainability underpins everything we do. We became the pilot restaurant for ABALOBI in 2017 and have sourced our fish through them ever since. My father is a recreational fisherman, so I grew up with a respect for our oceans, and I want my children to enjoy that connection. Knowing where our food comes from matters.

'We also strive to keep our carbon footprint low by working with what's in season. Those commitments – respect for ingredients, sustainability and provenance – define us.'

TRYN: CONTEMPORARY EASE

Walk into Tryn and you feel Catharina Ras's legacy refracted through a modern lens. Bold interiors extend onto vineyard- and lawn-facing terraces, softened by light and greenery. The atmosphere is serene but not stiff; at this restaurant, diners celebrate both everyday indulgences and milestone occasions.

Breakfast here is a ritual of its own – sun-dappled mornings on the terrace with perfectly poached eggs, fresh pastries, or something more decadent to begin your day. Lunches are contemporary dishes alive with spring's brightness: delicate greens, citrus-kissed fish, and culinary creations that let herbs and blossoms sing. Dinner unfolds in layers of refinement, where each dish feels like a signature.

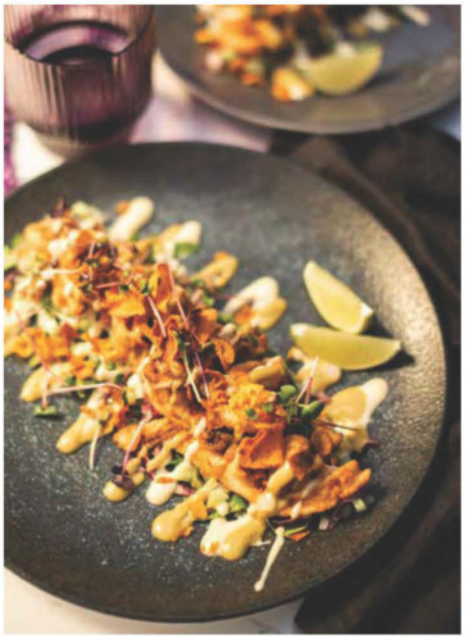
Tryn is the place to be for date nights under soft lighting, multigenerational Sunday lunches, or milestone gatherings in its private dining rooms. Cocktails on the terrace or at the bar are the perfect punctuation mark.

'I don't see Tryn as formal in the fine dining sense,' says Chef Kerry. 'It's more about creating wholesome, memorable

The place to be for date nights, multigenerational Sunday lunches, or milestone gatherings

***ABOVE** Tryn's design language whispers elegance with a contemporary edge.*

***BELOW** The menu is refined but approachable.*



DEVONBOSCH
STELLENBOSCH

CLOSE ENOUGH TO **BELONG.** DISTINCT ENOUGH TO **STAND APART.**

Minutes from Stellenbosch, Devonbosch offers a rare opportunity to live, work, and thrive in a secure, sustainable neighbourhood, where architectural apartments, refined hospitality, and contemporary workspaces come together. Crafted with elegance and intention, it balances tranquillity and sophistication with the vibrancy of the Winelands.

SqTurn SQUARETURN DEVELOPMENTS

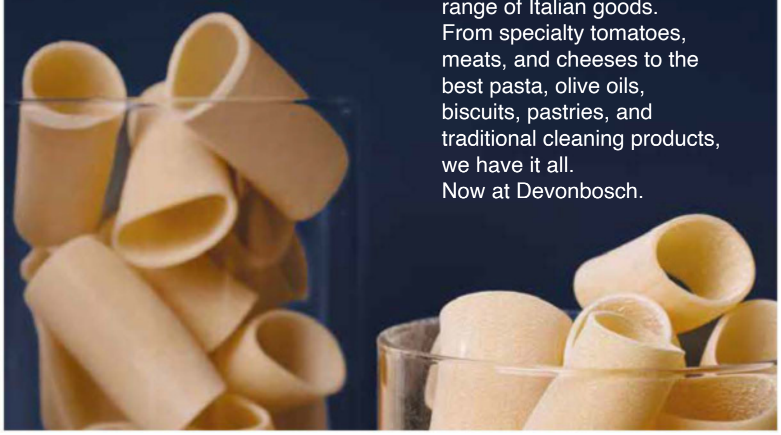
SFO Multi-Generational Family Office

+ 27 21 271 0216
info@devonbosch.co.za
www.devonbosch.co.za

SUPER SCONTO
ITALIAN FOOD CENTER

Experience the Heart of Italy

Super Sconto is South Africa's largest Italian retail store, offering a diverse range of Italian goods. From specialty tomatoes, meats, and cheeses to the best pasta, olive oils, biscuits, pastries, and traditional cleaning products, we have it all.
Now at Devonbosch.



COMING SOON
SCHOOL of ROCK
DEVONBOSCH

THE FUTURE OF ROCK STARTS HERE
NOW ENROLLING FOR JANUARY 2026
devonbosch@schoolofrock.com | 021 100 5559

LEFT *Culinary innovation is at the heart of Steenberg's restaurants.*

BELOW *Bistro Sixteen82.*

PHOTOGRAPHY COURTESY IMAGES

It's the kind of restaurant where one meal naturally tumbles into the next

dishes – whether a perfectly prepared fillet or a simple meal executed with care. My goal is that every portion feels generous and uplifting, almost like love on a plate.'

BISTRO SIXTEEN82: TAPAS ENERGY

Where Tryn feels serene, Bistro Sixteen82 buzzes. Next door to the tasting room, its terraces cascade down toward water features and indigenous gardens, all framed by Constantia's mountains. Inside, the space hums with the convivial spirit of a bistro.

Breakfast here is inventive yet relaxed – think crunchy textures, eggs Benedict, and meals that ease you into the day. With friends, you share lunch, served in generous portions, not too heavy, which stretches into the afternoon. Come early evening, the energy shifts into tapas mode. It is golden hour territory: you sip Cap Classique as the sky turns pastel-hued, and share small plates – bright, crunchy and flavour-packed.

It's the kind of restaurant where one meal naturally tumbles into the next, and a wine tasting next door flows seamlessly into tapas as the sun dips low.

'Bistro Sixteen82 welcomes a discerning guest who still values ease and spontaneity,' says Chef Kerry.

'The quality remains uncompromising, but the experience is more relaxed – you can share plates, eat with your hands, and soak up every last drop of sauce with bread.'

PLAN YOUR VISIT

Steenberg Wine Farm
Steenberg Road,
Constantia
021 713 2211;
◎ steenbergfarm

Tryn
021 713 7178;
info@tryn.co.za
Monday to Sunday, Breakfast, from 8 am to 11 am, Lunch, from 12 pm to 3 pm, Dinner, from 6 pm to 10 pm

Bistro Sixteen82
021 205 3866;
reservations@bistro1682.co.za
Monday to Sunday, Breakfast, 9 am to 11 am, Lunch, 12 pm to 3 pm, Dinner, 5 pm to 10 pm

Steenberg Hotel
021 713 2222;
reservations@steenberghotel.com

Steenberg Spa
021 712 7481;
spa@steenberghotel.com
Monday to Sunday, from 8 am to 6 pm

BEYOND THE TABLE: A DAY AT STEENBERG

There's more to do besides dine at Steenberg. The farm invites guests to slow down and indulge every sense, and both Tryn and Bistro Sixteen82 weave into the rhythm of a full-day escape.

WINE TASTING // The tasting room, just steps from Bistro Sixteen82, offers an array of settings: A sleek bar, a lounge with soft seating and an outdoor terrace beside tranquil water features. Here, Steenberg's award-winning wines – particularly its signature Sauvignon Blanc and celebrated Cap Classique – can be explored before or after a meal.

THE SPA // Steenberg Spa is a sanctuary. Guests move between the indoor treatment rooms, the outdoor Thermal Suite, and the lush Scented and Secret Gardens. Spa journeys often pair seamlessly with dining at Tryn, whose light lunches complement the restorative experience.

THE GARDENS & ART WALKS // Between meals, stroll on manicured lawns, past indigenous plantings and sculptures by Edoardo Villa that turn the estate into a living gallery. It's a photo-worthy meander, and a chance to reset between indulgences.

STAY THE NIGHT // For those who don't want to leave – and many don't – Steenberg Hotel & Spa offers 24 rooms, suites and villas in understated luxury. Guests wake to breakfast at Tryn, wander into wine tastings, linger at the spa, and dine at both restaurants without once leaving the farm. Cycling and running trails, as well as the neighbouring Norval Foundation, extend the escape.

SPRING'S INVITATION

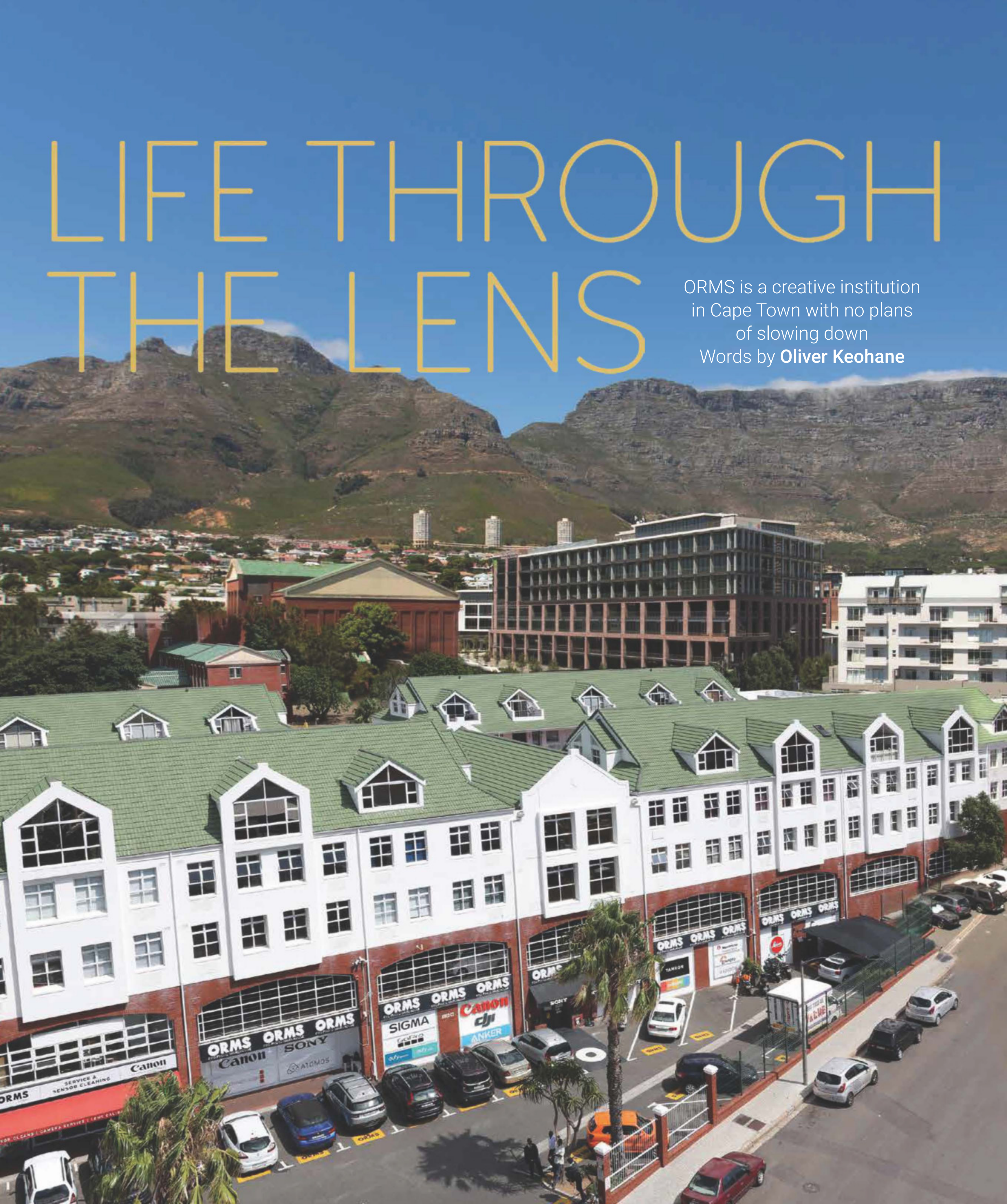
Spring is when Steenberg feels most alive. Blossoms perfume the air, the vineyards hum with new life, and the two restaurants echo the season's generosity. At Tryn, the experience is refined and serene, while at Bistro Sixteen82, it's energetic and social. Together, under Chef Kerry's vision, they capture the essence of Steenberg: heritage as a backdrop, flavour as a language, and a hospitality that invites you to linger.

Make a day of it, better yet, a night. Start under the Constantia sun, linger over a glass of Sauvignon Blanc at the water's edge, and close the evening with bubbles under the soft glow of Tryn's bar. At Steenberg, spring isn't just a season. It's a state of being.

LIFE THROUGH THE LENS

ORMS is a creative institution in Cape Town with no plans of slowing down

Words by **Oliver Keohane**


ORMS
Canon
SONY
ATOMOS
SIGMA
dji
ANKER
TAMRON
SERVICE & SENSOR CLEANING

ORMS
CREATE MORE
ORMS

PHOTO KIOSK
instax
PLEASE PLACE YOUR ORDER AND PROCEED TO THE COUNTER
ORMS KEEP MEM
CREATE & P

LEFT *ORMS Roeland Street Hub, where creative energy meets photography, is home to the flagship store, school and print room.*

ABOVE *Warm tones in the new Somerset West store.*

BELOW *Inside the Cape Town store.*

The other day, an old 4 x 6 image of my dad and I fell off the wall. I must have been close to three years old in the photo. I picked it up to Prestik it back to the wall, and on the back, in faded yellow lettering, was written: 'ORMS Print Room and Framing/2003'.

Walk down Roeland Street and you can trace a creative ecosystem of close to 30 years in the making in just a few city blocks. There is the ORMS store, where first cameras become first commissions. Across the way, a print and framing hub where prints become heirlooms, and next door, a repair bench that restores cameras and peace of mind. Around the corner, their school compresses years of trial and error into a few weeks. It feels like a small city dedicated to image-making and artistic expression. In many ways, it is exactly that – and it all began in a small home garage.

In the mid-'90s, Photographer and Entrepreneur Mike Ormrod set up a small photo business at home, fixing, selling and advising with a simplicity that would come to define the ORMS brand: help first, sell second. As Jason Ormrod, Mike's son and the company's managing director, puts it, 'It really is the story of a passion project born out of a home garage, with the community around the little Newlands house complaining that there were too many cars. Then we had to move into a bigger space,' he says, laughing.

Adding to the nostalgia of the origin story is the principle that guided it. 'My dad always taught me that you never turn anyone away, even if they have not bought from you,' Jason says. 'Because helping them today is a relationship built on trust in the future.' In an industry that can feel technical and closed, that open-door rule was quietly radical.

Ask Jason about the continued importance of their physical stores in an age of next-day delivery and unboxing videos, and the conversation steers clear of inventory or price. Instead, we talk about people. 'We cater to an industry made up of both professionals and hobbyist photographers, and what links them intrinsically is passion. Our stores offer our customers the opportunity to play out

RIGHT *Behind this counter are various equipment suppliers and a team ready to help you make the right choice.*

MINI LAB
CAMERA SALES
PRO BROADCAST
Canon
SONY
Lexar
SanDisk
DELKIN DEVICES
USED GEAR
ORMS

a very technical subject in the most creative and tactile way,' he explains.

When you're selling passion, the transaction is only one part of the experience. 'The most important thing is getting someone walking in the door, offering them an experience, having that cup of coffee, having them build a relationship with the person who's serving them, having that hands-on feeling and actually touching the different models,' he says. That tactile confidence leads to something deeper – trust – which is best nurtured within a physical store environment. The appetite for this engaged experience is evident in the demand for the stores, too – the ORMS shop in Belville is 15 years old, and earlier in 2025, they opened a new branch in the Waterstone Village Centre in Somerset West.

'We never want to be box movers,' Jason says plainly. 'Simply selling a product to a customer is the worst thing you can do with one like ours. When your product is both technical and premium, you need to offer all of the services that go along with it. That makes aftercare a non-negotiable for us.'

From that belief flows the company's defining idea, which speaks to offering a creative solution at every step of the life cycle of production. 'That is what goes into the 360 approach at ORMS,' Jason explains. 'We can sell our clients a camera and offer them training through our photography school, perform gear services and repairs, and advise clients on what to do with the pictures afterwards, and we have a division dedicated to printing and framing. That is the ORMS ecosystem.'

This 360-degree approach is represented on a map. The flagship store anchors Roeland Square. The Print Room and Framing facility is a short stroll away. The school is just down the road. Repairs are next door, and online operations are upstairs. 'This is the hub,' Jason says. 'Although Somerset West is a smaller store compared to the thousand square metres here in Cape Town, it offers everything that we do here. I will never replicate an ORMS store without the same principles of the 360 experience.'

That means logistics that mirror the city's rhythms. 'Although we do not have framing factories at each store, we do have daily deliveries and collections,' says Jason. 'You can come in, do a full consultation with our printing consultants, and the work gets sent through to the main factory, where it is produced and sent back. And it's the same with rentals, repairs and anything that ORMS offers.'

Education is not an add-on in this ecosystem. It is the engine. ORMS' school has evolved in response to how people learn and work today. The school competed with long-term courses in the early years, then evolved to suit the trend of people learning and upskilling on a short-course basis. The result is a mix of four-month-long Bootcamps, in-person courses and workshops. 'We've made our longest course shorter and more intensive, and offer it for both photography and videography. It lasts for three months of classes, followed by a month of feedback. But what really excites me is the shorter courses and workshops,' says Jason.

The logic is realistic and timely. 'People want answers, and they want to solve problems quickly,' he says. 'Getting people to commit to studying for a year is tricky, especially if they have a career and want to explore their creativity, or run a business that needs to shoot more content. We needed to craft an offering that spoke to more specific and curated needs.' That practicality has opened doors for partnerships, including, most recently, with a Cape Town-based chef's academy to help launch their online courses. The school teaches students how to plate beautifully, but they wanted to take that one step further and teach their students about food photography.

If the store is the spark and the school is the training ground, the ORMS Print Room and Framing facility is where work becomes art. 'The printing and framing side of our business is probably the most creative,' Jason says. 'I am super-privileged to walk through our factory and see the most unbelievable artworks coming through every day.' Seeing those pieces on the walls upcountry, at art exhibitions and in local galleries drives it home. 'You look at them and think, my team built this. Blood, sweat and tears … and paint and spray went into it. You know where it was actually made and by whom. The amount of effort that goes into it is very rewarding.'

The Printing team pushes new materials and formats, and advances in printing technology provide new subjects to print on. 'From our launch into textile printing to bespoke custom-printed furniture, we never stop experimenting.' Some of them work and some of them don't,' says Jason.

Education also spills into a dedicated event space, housed in one of the city's older church buildings on Roeland Street. 'We purchased it just before COVID,' Jason continues. 'It was a Lifeline building for about 20 years. When we took it over, it was not in the best shape. We spent a lot of time redoing it and pulling up the old carpets, and found the most unbelievable wooden floors underneath. You walk in and it has this grand staircase.' The beautiful old building closes the loop by way of the local heritage that underscores everything that makes up the ORMS brand. 'We have started putting up a heritage collection of photographers and artists that we think are outstanding in this African sphere.'

Today, the venue hosts product launches, exclusive workshops, reviews and exhibitions. 'It functions as a fully-equipped event space. It has moveable walls so it can change into literally anything. We've had ballet dancers in there. We host our go-live events. It is a great space.'

Jason credits his father for inspiring his mindset of deliberate experimentation. 'He used to meet with his boss every morning and pitch ideas,' he recalls. 'Eighty per cent of those were terrible, but if he landed one, it would be revolutionary. He instilled that in me. We frequently try new things and think of ways to push the envelope with what we do.

Why set up shop in the city and expand?

The decision to base the business around Roeland Street was partly practical and partly visionary. 'When we moved into the area, it was pretty rough,' Jason says. 'There were mainly panel-beating stores. But the accessibility of Philip Kgosana Drive was a game changer. It was that much easier for our clients to get to the store.' Jason credits the proximity to Harrington Street and the

THE BARRY LUCAS COLLECTION
A1 - 594 x 841
A0 - 841 x 1189mm

The ORMS Print Room and Framing facility is where work becomes art

ABOVE *Revisit the past with the vintage camera collection at ORMS's Cape Town store.*

LEFT *The Women's Day Exhibition was hosted in the ORMS Event Space.*

‘When you are selling a passion, you need to give people the best experience possible’

Inside ORMS's Cape Town School of Photography.

TOP The Cape Town Print Room's welcoming reception.

ABOVE Studio space for rent at the Cape Town School of Photography.

GET IN TOUCH

`No. 66 Roeland Street, Cape Town`
`021 469 1987;`
`printroom@orms.co.za`
`ormsprintroom.co.za`
Monday to Friday, 9 am to 5 pm
Saturdays, 9 am to 1 pm
Sundays & Public Holidays, closed

construction of Wembley Square in the early 2000s for the area's energy. ‘Gardens has a wonderful vibe and it is really creative. From us to the pottery store, bike shops and hobby spaces, it is all quite a hub, which is rad and really inspirational.’

Printing and framing informed my understanding of ORMS as a youngster, with many family photo albums coming off the press at the Roeland Square store in the early days. My first digital camera came through ORMS – all of them actually have – and for the past few years, they have supplied a steady supply of Kodak Colorplus film to the old point-and-shoot that my partner and I share. While their roots might lie in printing and framing, ORMS continues to develop into something much more.

I asked Jason how he would define ORMS. Apparently, a business coach had posed a similar question. ‘He explained, you are entertainment,’ Jason says, laughing at the description. The line lands because it is true. A weekend beginner course has the rhythm of a show: a room full of people who choose to be there, a shared language, a payoff. Launch nights and talks are literal events. The factory floor is a theatre, with choreography in cutters, sprays and hand finishes. Even the retail floor plays a role, where you thumb through catalogues and turn new camera models around in your hand.

Entertainment here is not a distraction. It is immersive learning with applause at the end, but also a place for people to invest in the experiences that unlock their passions. ORMS has wired those experiences end-to-end. From a Newlands pool room with trays of developer to a Gardens cluster where you can buy, learn, rent, repair, print and frame within a few hundred metres, ORMS has built a place to belong to your own creativity. As Jason puts it, ‘When you are selling a passion, you need to give people the best experience possible.’

PHOTOGRAPHY LAUREN FREDERICKS, COURTESY IMAGES

CHASING

Contrast

COMPETITION TIME

STAND THE CHANCE TO WIN R100 000 IN PRIZES!

SUBMIT YOUR IMAGES & WIN! COMPETITION ENDS 8 OCTOBER

ORMS Canon SJ ARTISTS ORMS PRINT ROOM & FRAMING ORMS CAPE TOWN SCHOOL OF PHOTOGRAPHY

A CREATIVE CATALYST

Top up your creativity at one of the these two local retreats, writes **Buntu Ngcuka**.

Calling yourself a creative can be quite the commitment. Whether you're a writer, designer, painter, sculptor or stylist, it's time- and energy-consuming. But then you plan for months and plot your way to independence. One day, you leave your stable corporate job to answer your calling and be a full-time freelancer. One month, you know you're guaranteed a salary on time at the end of the month and that your medical aid is a sure thing. The next, you're doing your taxes and following up on invoices.

That's been my life for the past few months, and, honestly, I'm getting tired – more exhausted than I ever was when I worked a 9-to-5. My main issue, though, is the search for inspiration. I'm only in my early 30s, but I've lived an eventful life and have plenty of anecdotes, experiences, regrets and triumphs to draw from. If the universe is willing, I hope there are more to come. But the creative calling does come at a cost: Your sanity, stability and sanctitude are always on the line, no matter your chosen medium. Burnout is common these days and shouldn't be a new concept to anyone hustling and trying to get by. The symptoms bog you down and make dedicating your all to your craft even more difficult. But there's hope for us all (creative or not), and freelancing is more accessible than you might think.

More retreats are opening countrywide, from inner-city escapes to places of refuge and recovery in the bush, winelands and mountains. I'd like to be in the middle of a project, preferably a book or thesis, but the idea of being somewhere far away, in silence, in the company of nothing but my thoughts, scares me to death.

I could be addicted to a fast-paced life – the sound of cars whizzing past my apartment block all day and all night is the backing track to my daily working life if I'm at home – but I know I need a go-slow. So, this is the first step. There are a number of beautiful places around South Africa worth the journey that provide support, solitude and safety for creatives. Read on to discover a handful of the places on my must-visit list and that I'd convince a friend to tag along to.

__CLOCKWISE FROM RIGHT__ The School Farmstay's Japanese-themed Art of Imperfection workshop includes haiku writing, sumi-e painting, origami and kintsugi.

__LEFT__ Bodhi Khaya Nature Retreat offers a range of retreat packages for creatives, especially those who enjoy the outdoors.

EXPERIENCE
TABLE MOUNTAIN

PANORAMIC VIEWS · GUIDED WALKS · AUDIO TOURS
FOOD · RETAIL · EVENTS

TABLE MOUNTAIN
AERIAL CABLEWAY

www.tablemountain.net

Skip the queue with
FAST TRACK tickets:

‘I visualised a home for myself and for people to rekindle their creative practices’

ABOVE *The School Farmstay offers proximity to nature through activities such as hiking and cycling.*

LEFT *The property has two themed, en-suite rooms, each with a kitchenette and lounge.*

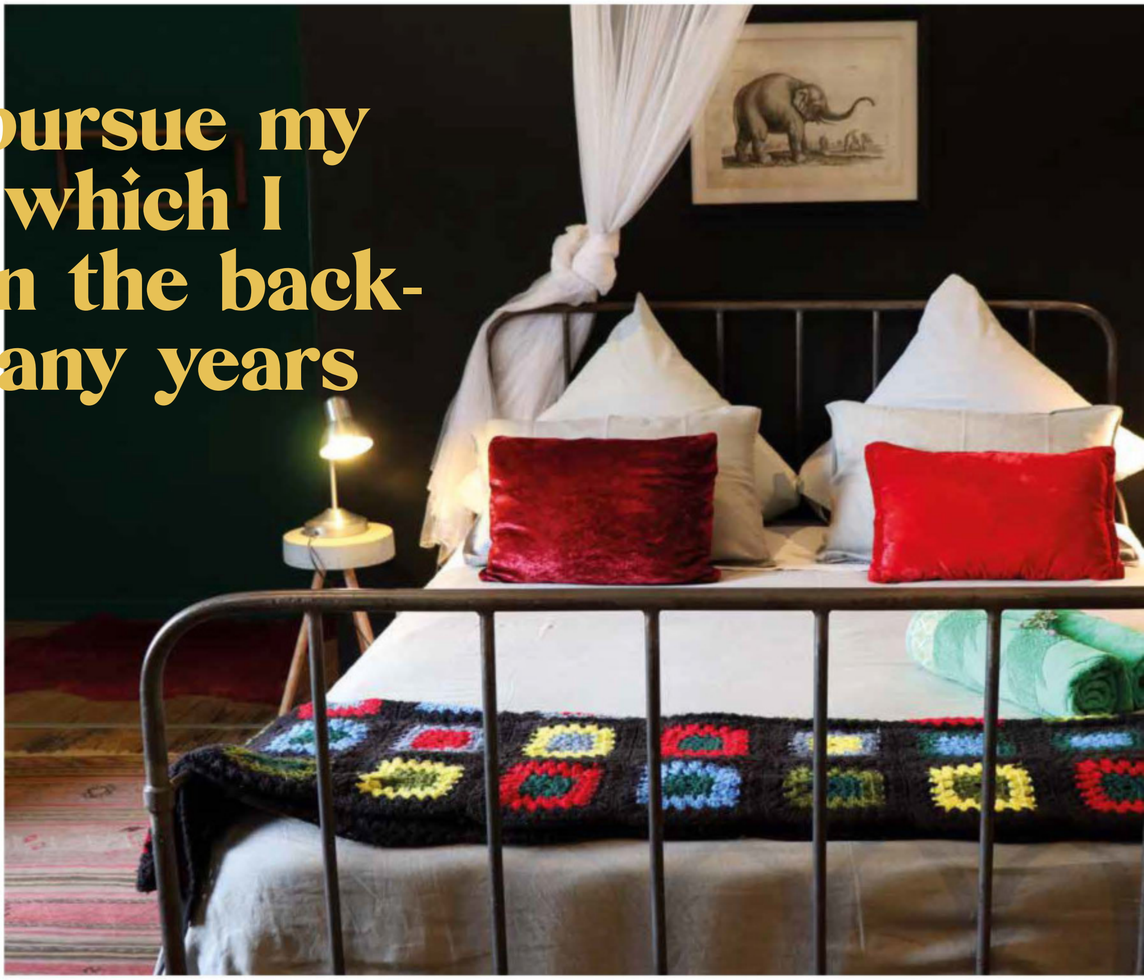
THE SCHOOL FARMSTAY

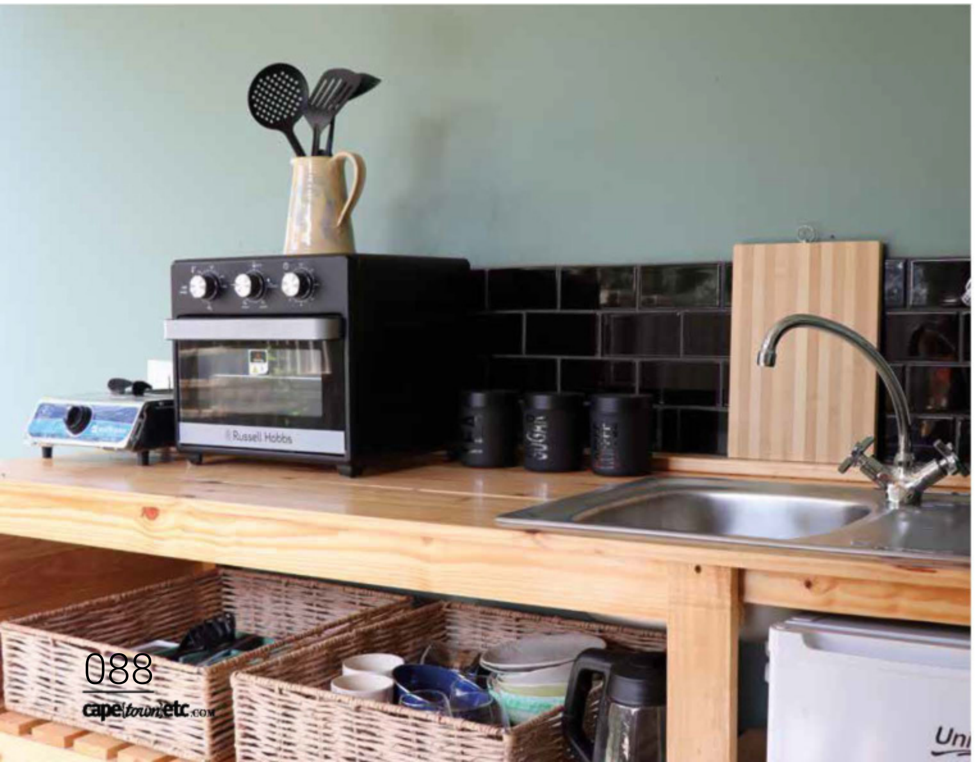
First on my list is a retreat called The School, which is 17 km outside of Knysna and founded by Janet Meintjies, a former casting director in the film industry. ‘It was originally a small country school for the farm labourers’ kids. It was later relocated to the nearby township of Rheenendal and stood empty for about 15 years,’ says Janet. ‘When I first saw it, I visualised a home for myself and the creative process. I felt it could be a place for people to rekindle their creative practices. I renovated it with great care to maintain the old school’s integrity. The aim was to restore it without altering but rather modernising its old bones.’

> I wanted to pursue my art practice, which I had placed on the back-burner for many years

Like me, Janet left her stable career to work for herself and, strangely enough, all roads led to a familiar place. She'd spend the December holidays with her family in Nature's Valley and loved the Garden Route, so her search for a new home started there. 'I didn't even know Rheenendal existed until I saw the property advertised. Apart from wanting to live in a rural area, I wanted to be able to pursue my art practice, which was something I had placed on the back-burner for many years. So now the property houses my home, as well as a beautiful, large and airy studio and two en-suite rooms, each with their own kitchenettes and private gardens.'

Janet describes The School as a residency slightly different from most creative retreats.





***ABOVE** The Elephant Room has emerald-green walls that draw inspiration from the sole surviving female elephant in the region.*

***LEFT** The kitchenettes have appliances for self-catering.*

They welcome those with a work in progress, whether a book, a body of artwork or even a thesis. Patrons are encouraged to unplug from the outside world, switching off their phones and immersing themselves in their creative pursuits. In addition to life drawing classes in a peaceful, relaxed environment, The School offers proximity to nature through activities such as hiking, walking, yoga, reiki, swimming, surfing and cycling. Accommodation is self-catering, but they also have an option to request certain meals from Janet's kitchen.

Rheenendal, Knysna
082 557 7899;
janet@traffikstudio.co.za
theschool.co.za

EXPLORE
OUR
WORLD

The enigmatic octopus is just one of the animals you'll meet at the Two Oceans Aquarium situated in the V&A Waterfront in Cape Town. From the magnificent ragged-tooth sharks to the dainty Knysna seahorses, a visit is your chance to dive into their underwater world!

Buy tickets online at: www.aquarium.co.za

Two Oceans
AQUARIUM
Explore • Experience • Engage

BODHI KHAYA NATURE RETREAT

This retreat is around two-and-a-half hours from Cape Town. I was instantly drawn to this place because *khaya* means 'home' in my home language, isiXhosa. I don't know if the correlation is intentional; however, they offer a range of retreat packages for creatives, especially those who, like me, don't enjoy the restriction of a singular, strict routine and prefer having options. The most appealing is the annual Bodhi Khaya Artists' Residency. For a whole week, an array of creatives get together to create on and in collaboration with the land around them.

Accommodation is in The Wild Pod, which offers a unique blend of rustic charm and

BELOW *Former Film Casting Director Janet Meintjies founded The School Farmstay in Rheenendal, 17 km outside Knysna. There, she hosts a range of activities, from hiking to yoga and life drawing classes.*

RIGHT *Bodhi Khaya Nature Retreat offers a blend of rustic charm and contemporary comfort.*

> An array of creatives get together to create on and in collaboration with the land around them

EXTRACTED FROM *GETAWAY* JUNE 2025; **PHOTOGRAPHY** COURTESY IMAGES

***ABOVE** Bodhi Khaya is in a tranquil location.*

***LEFT** You can also host your own retreat, complete with a meditation hall, dining hall and accommodation.*

contemporary comfort – good news if you don't want to give up the soft life and swap a comfortable bed for a sleeping bag in a tent. The main building features three A-frame 'Podlet' cabins with a main bedroom that has a king-size bed, each accommodating two guests. Three bell tents for glamping have enough space for two. Additionally, there are two cottages, Sunbird and Heron, each with en-suite bedrooms and the capacity to sleep two guests per room. Bodhi Khaya is actually great for a getaway with friends or colleagues. You can also host a retreat here, which is good to know if you're an avid yogi looking for a tranquil location. Catering is flexible, too: You can self-cater, book meals from their plant-based menu or combine the two.

R43, Grootbos Road, Stanford
072 385 6978;
info@bkr.co.za
bodhikhaya.com

Sputnik, the Rolls-Royce, rests regally outside the Karoo Art Hotel.

CURATED CHAOS

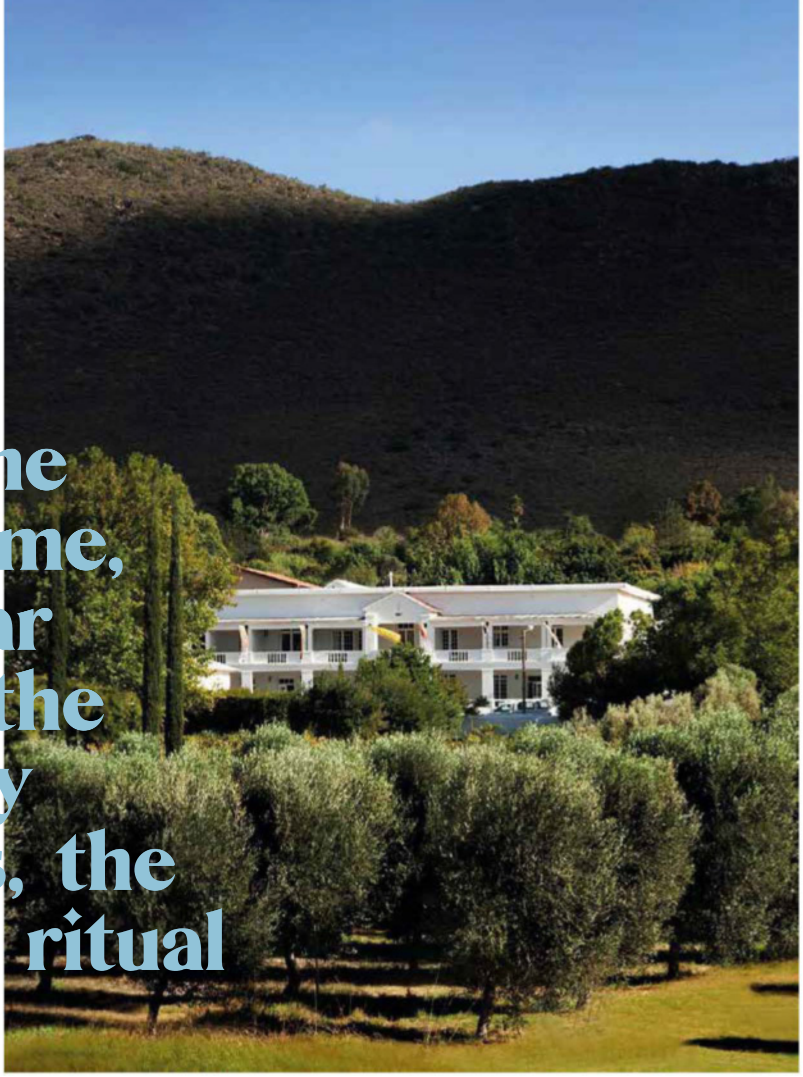
Staying at Barrydale's Karoo Art Hotel is an artful occasion, whether you arrive for cold-water plunges, fireside conversations, festival weekends or enjoying the silence, writes **Oliver Keohane**

On a midwinter weekend, with the backdrop of Barrydale's charming streets and serene horizons of the Cape Fold Mountains, I was visiting the village during the Karoo Art Hotel's annual Five Arts Festival.

Lowering myself into icy mountain water hidden below the Tradouw Pass, I learned I had not mastered breathwork. Ten minutes of meditation to Deepak Chopra's friendly voice did not stop the sting as I pulled myself through swimming four lengths of the amber rock pool, climbed out and wrapped my cold hands around a Stanley mug. As my family and I smiled and shivered, every sense alive, the owner of the Karoo Art Hotel, Rick Melvill, gave us a lesson in the art of the early morning.

He and his wife, Sue Melvill, acquired the hotel four years ago, when it was the Barrydale Hotel, and transformed it into what it is today. Beyond the cream, double-storey façade lies a network of warmth and character. The rooms brim with paintings and sculptures, patterned wallpapers, carpets and furniture collected across eras – the Melvills treat art as a life force.

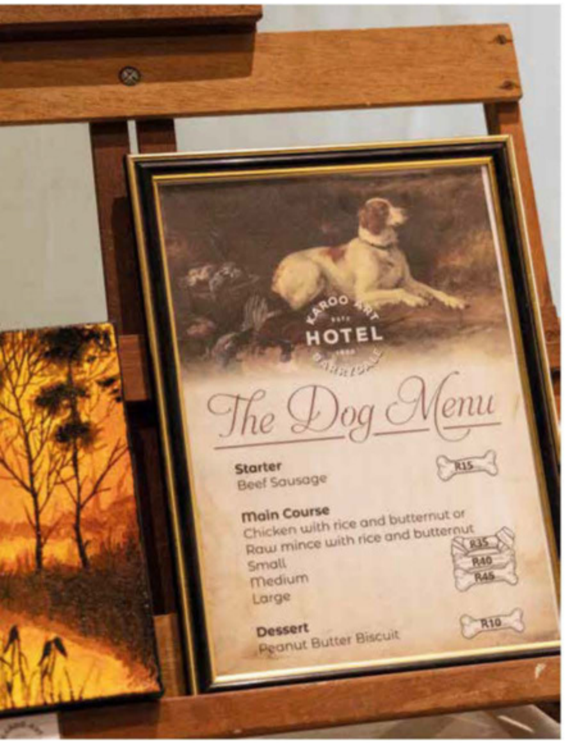
> Art is baked into the welcome, the bar chat, the bakery smells, the coffee ritual



***RIGHT** Rick and Sue Melvill's hotel is at the heart of Barrydale's beautiful surrounds.*

***ABOVE** A peek inside Room 13.*

***LEFT** There's warmth inside this hotel's big white walls.*



KAROO ART
HOTEL
BARRYDALE

The Dog Menu

Starter
Beef Sausage R15

Main Course
Chicken with rice and butternut or
Raw mince with rice and butternut
Small R35
Medium R40
Large R45

Dessert
Peanut Butter Biscuit R10

At this hotel on Van Riebeeck Street, art is baked into the welcome, the bar chat, the bakery smells, the coffee ritual and the long 'to-do' list curated for guests.

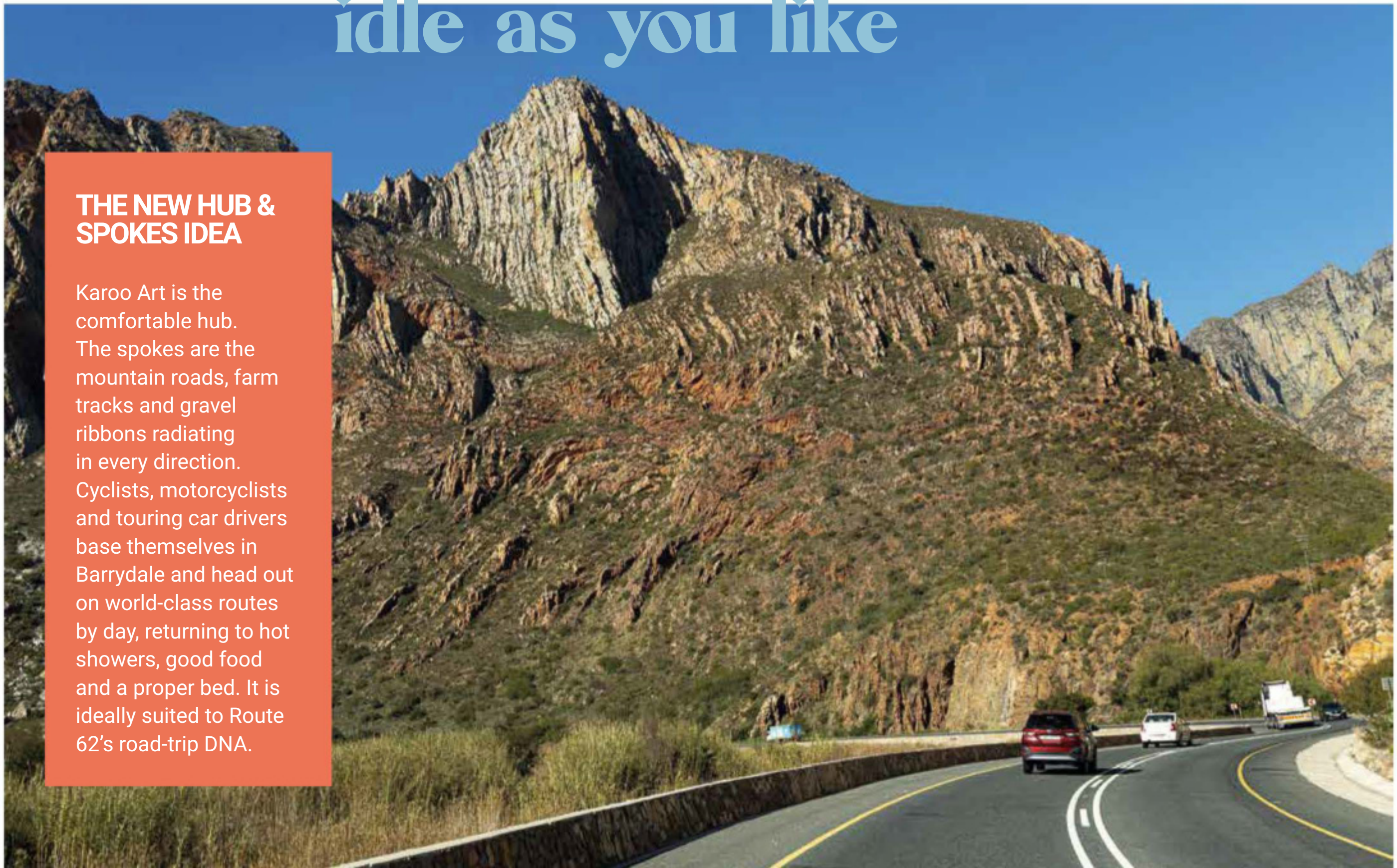
We'd driven the new Land Rover Defender OCTA up Route 62. Outside the hotel, another icon awaited: a Rolls-Royce Silver Wraith named Sputnik. It was the only hint that something special lived within those white walls. Melvill & Moon furniture sets the tone on the chequered patio. Inside, fireplaces warm the historic bar, bakery and dining room. Past the reception, a labyrinth of bedrooms unfolds, each with its own personality. The Groot Karoo collection comprises the larger suites, and the smaller ones are in the Klein Karoo. Characterful one-offs include the Garden Suite with a fireplace and private courtyard, the pet-friendly Dog Box with a kitchenette and secluded patio, and the rustic Sheep Shed.

The Five Arts Festival is one of several art- and community-centred gatherings the hotel

ABOVE *The Karoo Art Hotel caters for the whole family.*

BELOW *The Cape Fold Mountains distinguish the impressive route to Barrydale.*

Activity at Karoo Art can be as high-energy or as idle as you like



THE NEW HUB & SPOKES IDEA

Karoo Art is the comfortable hub. The spokes are the mountain roads, farm tracks and gravel ribbons radiating in every direction. Cyclists, motorcyclists and touring car drivers base themselves in Barrydale and head out on world-class routes by day, returning to hot showers, good food and a proper bed. It is ideally suited to Route 62's road-trip DNA.

JOSEPH BARRY
CAPE BRANDY
DISTILLERY
barrydale
hand weavers
BRANDY TASTING
WEAVING TOUR
RETAIL & GIFT SHOP
HERITAGE GARDEN

***LEFT** There's plenty of fun to be had outside the hotel, too.*

***BELOW** Crafts, clothes and colour on Route 62.*

now hosts across the year. There are music nights in the old cinema hall that doubles as the Belanti Ballroom, film evenings in the snug little bioscope tucked under the rafters, tasting dinners with local producers, and visiting makers who turn the hotel into a joyful studio. The beauty is that none of this is required to enjoy the place. Arriving on a quiet weekend with no event on the calendar, you get a different kind of theatre: the clink of cups in the Roorkhee coffee bar and bakery, the soft hum around the AGA at breakfast, a fire-lit seat in the bar and a wander through the Map Room to decide what sort of day you feel like.

The Map Room is the hotel's unofficial launchpad. Staff keep routes and locals' notes for walks, hikes, gravel drives and long loops over the passes. From there, the hotel's hub and spokes' approach (*see left*) makes instant sense.

Activity at the Karoo Art Hotel can be as high-energy or as idle as you like. If you fancy leaning into the cold-water trend, the team will organise an early-morning plunge in a nearby rock pool, followed by coffee, fresh bagels and a hot breakfast back at the AGA. If food and drink are your arts of choice, a tasting loop weaves through Joseph Barry (josephbarry.co.za) for Cape brandy, Joubert Tradauw (joubert-tradauw.com) for wine and platters under the trees, Metanoia (metanoiadistillery.co.za) for gin and botanicals by appointment, the rock-roadhouse vibe at Karoo Saloon (karoosaloon.com), a pause at The Maker's Brew (themakersbrew.co.za), then back to the hotel bar in time for a sunset pour. Across the road, Yamu Botanicals (yamubotanicals.com) hosts field walks and tincture tastings that feel both playful and grounding. You can book a labyrinth walk with breathwork and sound healing among the vines with Terry de Vries, or go analogue with Graham Abbott, who offers wet-plate portraits and half-day photography workshops at The Far Side Rest Camp (thefarside.africa). On other afternoons, the old South African staples make a comeback: bowls, *jukskei* (similar to lawn bowls) and a set or two of tennis, with a cool box and a fines table to round things off.

ARTS & CRAFTS
Gifts & Souvenirs
CLOTHING & ACCESSORIES
TRAVEL BAGS
Cushions & Runners
CERAMICS & GLASSWARE
Games & Toys
Local Farm Fresh
LK
LA KROO CRAFTS
LAKROO CRAFTS@B/DALE R62

CANNON
BREWERY

Presented by

MANOR *life*

Selling Fast!

Retire Refined.
Retire in Newlands.

Cannon Brewery — From R9'500'000
Only 19 Units Available

Building on the success of Wytham Estate, Manor Life proudly presents Cannon Brewery – a new benchmark in suburban retirement living in Newlands, Cape Town. Designed exclusively for those over 65, Cannon Brewery offers a refined living experience, starting from R9.5 million. With only 19 units available, this is a rare opportunity to secure a home in this exceptional development. Planned occupation is set for the first half of 2027.

Set in the heart of Newlands, Cannon Brewery draws inspiration from its storied past. Once home to one of the original breweries in the area – later transformed into a residence by renowned artist Gwello Goodman – this estate is a tribute to its rich history, seamlessly blending contemporary industrial design with artistic elements that reflect its unique heritage.

By

AVIEW

Marketed by

CURATE REALTY
Property Marketing & Sales Experts

10% deposit secures your unit

Guarantees due on commencement of construction

Funds all sit in trust account and are settled on completion of construction

Balance only due on transfer (mid-2027)

Rentals allowed & managed by Curate Realty

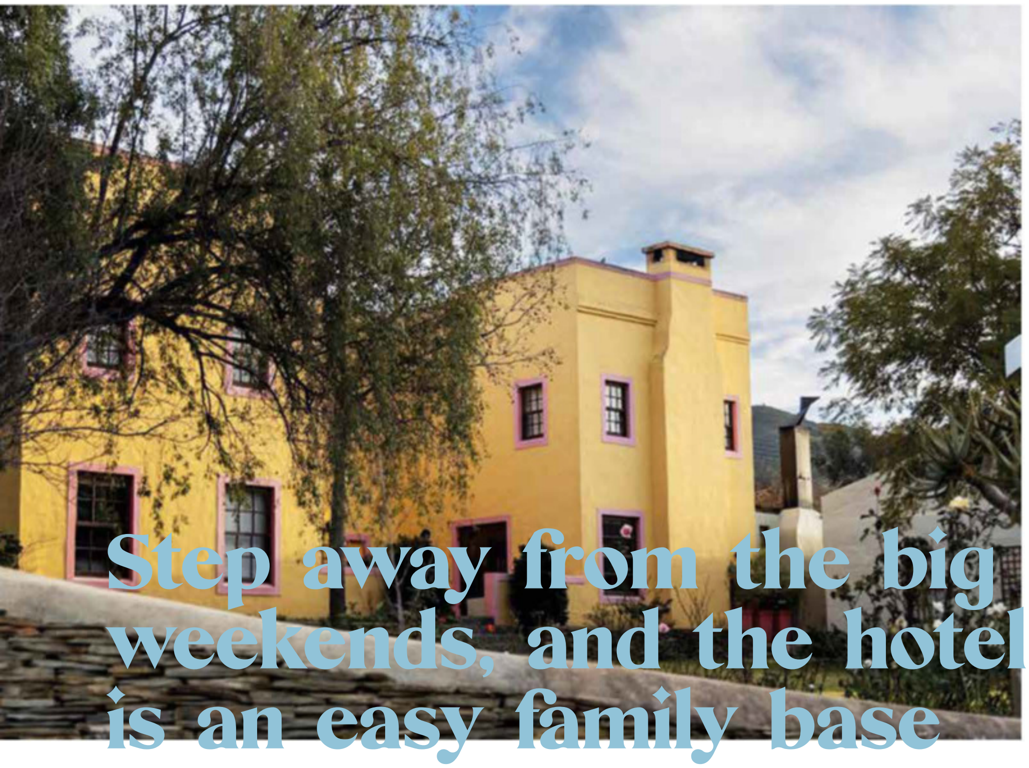
Pet friendly

sales@curaterealty.co.za | (+27) 63 707 2886 | www.manor.life

My family stayed in the Karoo Art Hotel's Barrydale room, as my dad, Rugby Specialist Mark Keohane, was hosting pre- and post-test-match chats when South Africa played Georgia. He chatted with Steven Kitshoff, Deon Fourie and Scarra Ntubeni. The hotel was fully booked for Stormers Head Coach John Dobson's colourful weekend when I decided to join my family there, so Rick and Sue kindly organised a room for me at Villa Limonicella (villalimonicella.com), whose neat front lawn had walls lined with lemon trees, and the pink-and-yellow house with a hint of Wes Anderson's style offered quiet and privacy within arm's reach of the village.

That Friday evening, John and my dad addressed a rugby-mad town divided by a proud rivalry between the SWD Eagles and the Barrydale Stryders. In the Smitsville clubhouse, the 'Field of Dreams', both sides gathered for stories about rugby's power, hope and community, and the players left with a Stormers kit. Francois van Coke kicked off the party later, and somewhere between choruses, I signed up for that 8 am plunge. Saturday night rolled on with rugby, music and a lamb spit braai that fed the masses.

Step away from the big weekends, and the hotel becomes an easy family base or a quietly romantic escape. Days begin with the bakery and AGA warmth, then stretch into swims in Tradouw rock pools, slow drives to antique shops and book troves, and tastings that allow for engaging conversation. Evenings are for simple pleasures: a table in the dining room,



Step away from the big weekends, and the hotel is an easy family base or a romantic escape

ABOVE Pre-match in a private cinema housed in a historic hall.

TOP RIGHT Stormers Head Coach John Dobson chats rugby, rivalry and the power of hope.

LEFT Villa Limonicella.

a nightcap in the bar, and the comfortable feel of a room chosen for its quirks rather than its square metre count. Sputnik might be rolled out for a wedding, a proposal or just a photograph. Or it might sit quietly under a cover while the real show plays out around it: fires, chatter and the easy rhythm of a small Karoo town.

Our Route 62 escape was a brief, beautiful dive into curated chaos and the art of occasion. Between the adventure and the stillness, the itinerary unfolded at its own pace. The point of Karoo Art is not only that it can stage a weekend to remember, but that it also permits you to have no plan at all. Come for the festival, or come for the fires and the silence. Either way, the hotel will meet you where you are and send you home a little more alive.

30 Van Riebeeck Street, Barrydale
066 189 7457;
reservations@karooarthotel.co.za
karooarthotel.co.za
karooart_hotel

RIGHT *Diesel and Crème's legendary milkshakes.*

BELOW *The brilliant Barrydale Hand Weavers.*

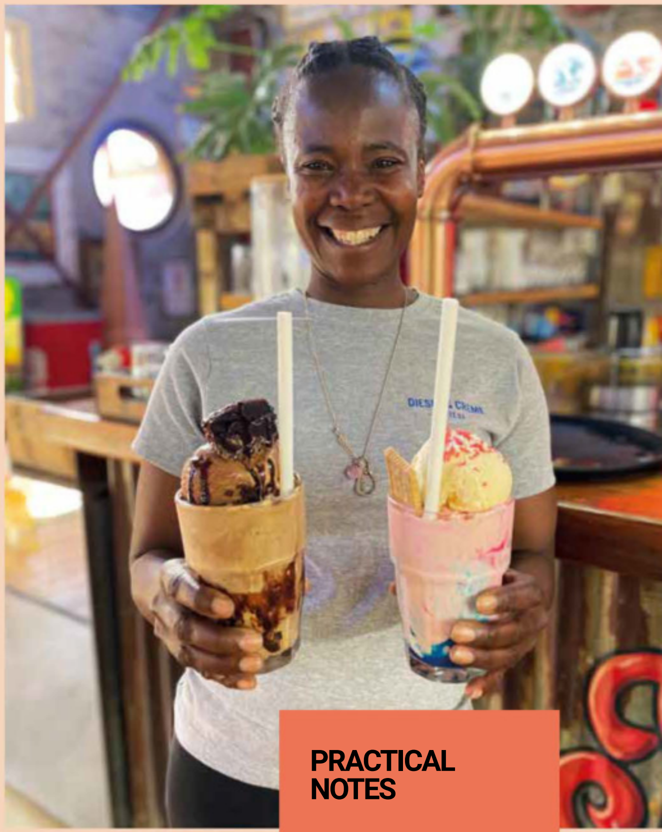
BARRYDALE & SURROUNDS – ACROSS THE STREET OR A SHORT STROLL

Magpie Art Collective
Collectable chandeliers and sculptural lighting from found objects. Best by appointment.
magpieartcollective.net
magpieartcollective

Barrydale Hand Weavers
A loom room and shop on the Joseph Barry property.
barrydaleweavers.co.za
barrydale_hand_weavers

House of Books
Meet Anton and lose an hour or two. Next door, Hearts on Main stocks local crafts.

Die ou Kerk Moreson Antique Store and Langhuis Barrydale
A historic church turned treasure house, plus Gert van der Merwe's elegantly curated country store.



PRACTICAL NOTES

Hidden Gems: Belanti Ballroom, the bioscope, the Roorkhee coffee bar and bakery, and Sputnik the Rolls-Royce
First stop: The Map Room for routes, GPX files and local loops.

SHORT DRIVES ON ROUTE 62

Joseph Barry Distillery
Cape Brandy tastings and tours.
R62 Main Road, Barrydale
028 572 1012;
info@josephbarry.co.za
josephbarry.co.za

Joubert-Tradauw Private Cellar and Deli
Chardonnay, Pinot Noir, Syrah and more, with platters under the trees.
joubert-tradauw.com
joubertradauw

Metanoia Distillery
Hidden-away botanicals, including gin, absinthe and aquavit. By appointment.
metanoiadistillery.co.za

Diesel & Crème
A vintage diner on Route 62, famous for serving decadent milkshakes.
dieselandcreme.co.za
dieselandcreme

Warmwaterberg Spa
Rustic mineral-spring pools between Barrydale and Ladismith.
warmwaterbergspa.co.za
warmwaterberg_spa

Ronnie's Sex Shop
A roadside legend, about 20 km from town towards Ladismith.

Tradouw Pass rock pools and hikes to waterfalls
Picnicking and swimming up the scenic pass. Start via the hotel's Map Room.

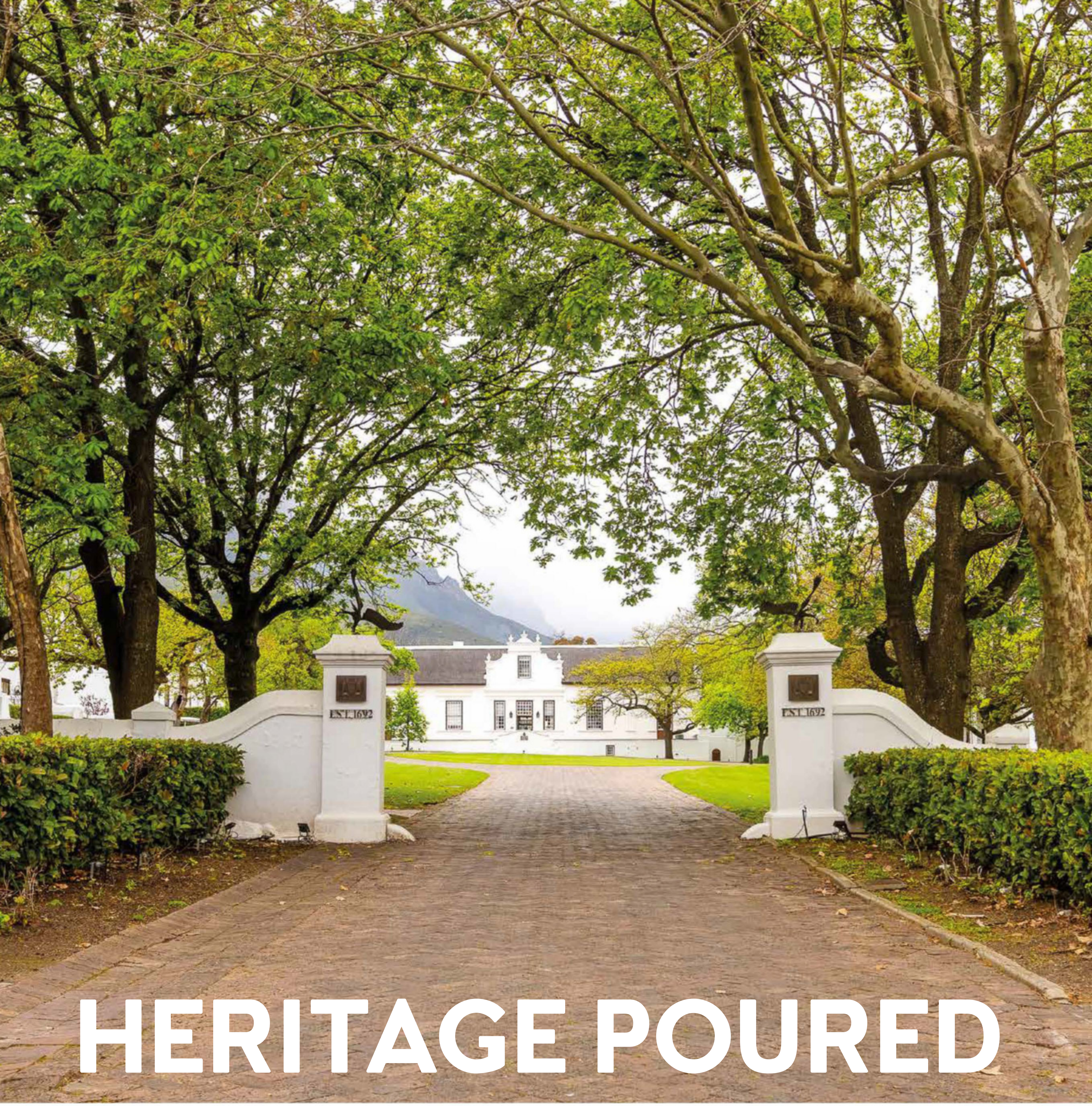
PHOTOGRAPHY OLIVER KEOHANE, KAROO ART HOTEL, COURTESY IMAGES

RELAX, UNWIND AND FEEL REJUVENATED

Melozhori Private Game Reserve, conveniently located less than 2 hours from Cape Town and at the start of the Garden Route, offers you an exquisite and unique natural wildernesswith luxurious and secluded accommodation to relax, breathe and feel rejuvenated.

Melozhori
PRIVATE GAME RESERVE

Exclusive-use luxury Lodge | **Treehouse** | **Eco-Pods** | **Cottage**
Stormsvlei, Overberg Region, Western Cape
www.melozhori.co.za



HERITAGE POURED

In Stellenbosch's Jonkershoek Mountains, Lanzerac blends three centuries of history with a cellar that pioneered Pinotage and a hotel that defines Cape Winelands luxury, writes **Bevan Booysen**

Photography **Kyra Welch**

Few places in the Cape exist where history, hospitality and honest-to-goodness drinkable craftsmanship sit as comfortably together as they do at Lanzerac. Tucked into the foothills of the Jonkershoek Mountains, a few minutes' drive from Stellenbosch's oak-lined streets, the estate arrives like a small, well-lived-in world: century-old Cape Dutch buildings, lawns made for picnicking and a working cellar that seems to prefer making wine to making headlines. Yet for many wine lovers, Lanzerac quietly matters – not because it shouts, but because it has been doing the right things for a very long time.

A quick walk through Lanzerac's archive is like skipping through the region's family album. The farm's story begins in the late 17th century: Records link the land back to 1692, only a few years after Stellenbosch itself was established. Over the centuries, it carried different names and owners; at one point, the property was known as Schoongezicht (a generous, literal name, meaning beautiful view) before being renamed Lanzerac in the early 20th century by Elizabeth Katherina English. It's the sort of name that suggests a Frenchman and a story of romantic fancy; the truth sits somewhere between legend and land registry, but the rename stuck and the estate's architectural bones and verandas wear that new identity well.

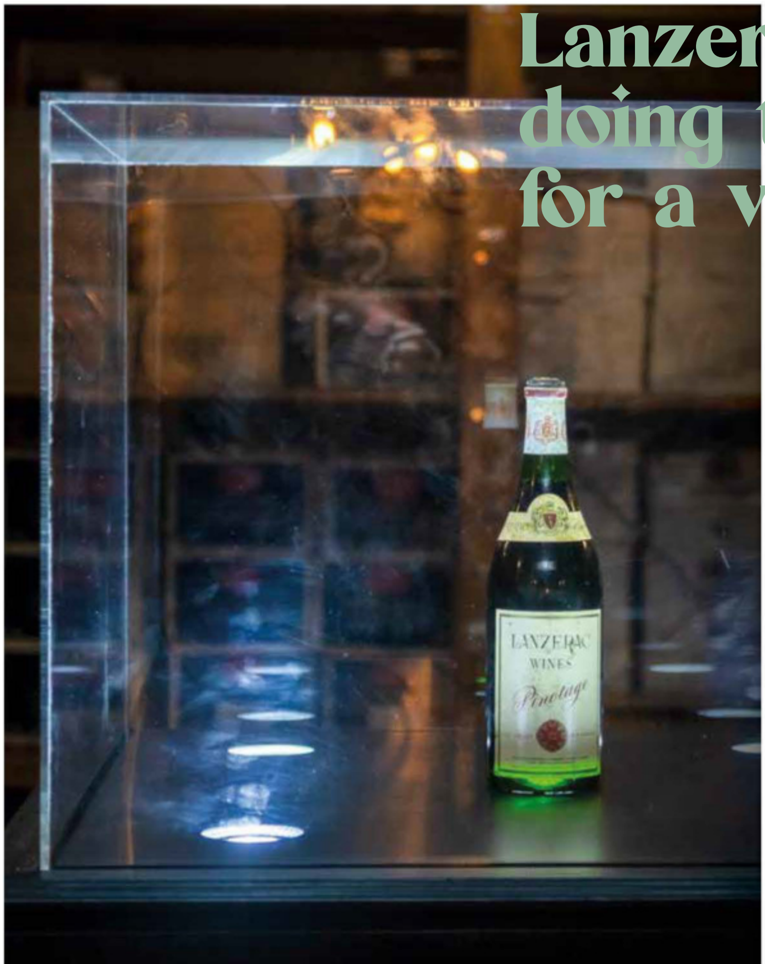
LEFT *The entrance to Lanzerac Hotel & Spa.*

RIGHT *Various barrels populate the cellar.*

BELOW *Lanzerac bottled the world's first Pinotage in 1959.*

Lanzerac has been doing the right things for a very long time

What many visitors don't realise until they arrive is that Lanzerac has a rightful place in the story of South African wine. It claims – with some justification – a pioneering relationship with Pinotage: Lanzerac produced one of the earliest bottled Pinotage wines, and the grape has been part of the estate's narrative for generations. That particular cultivar, a uniquely South African cross of Pinot Noir and



81/1000 CHILDREN BORN IN AFRICA IN 2015 DIED BEFORE AGE 5

5 children under 5 years of age dying every minute

2/3 DEATHS ARE PREVENTABLE

1/3 OF DEATHS ARE IN THE NEONATAL PERIOD

THE RED CROSS CHILDREN'S HOSPITAL IS A BEACON OF HOPE IN AFRICA

IT MANAGES **260 000** PATIENT VISITS EACH YEAR

1/3 of Red Cross Children's Hospital patients are UNDER THE AGE OF 1

THE CHILDREN'S HOSPITAL TRUST has fundraised for the Hospital since 1994

The Trust has raised over **R678m** since inception

The only specialized dedicated burns unit in Africa

Only surgical skills training centre of its kind in sub-Saharan Africa

Only **2%** of registered nurses in Southern Africa are trained in paediatrics

THE TRUST HAS HELPED FUND THE TRAINING OF OVER **300** AFRICAN DOCTORS AND NURSES

These trained paediatric specialists take their skills back into African countries

Clinical research at the Hospital has influenced global **WHO guidelines**

OVER **R100m** WAS RAISED IN **2016** FOR AFRICA'S LARGEST **PAEDIATRIC ICU**

SAVING LIVES of children from all over Africa

Help the Children's Hospital Trust Give Back Childhood.

childrenshospitaltrust.org.za

021 686 7860 | cht@chtrust.org.za

www.facebook.com/childrenshospitaltrust

@chtrust1

The Children's Hospital Trust™

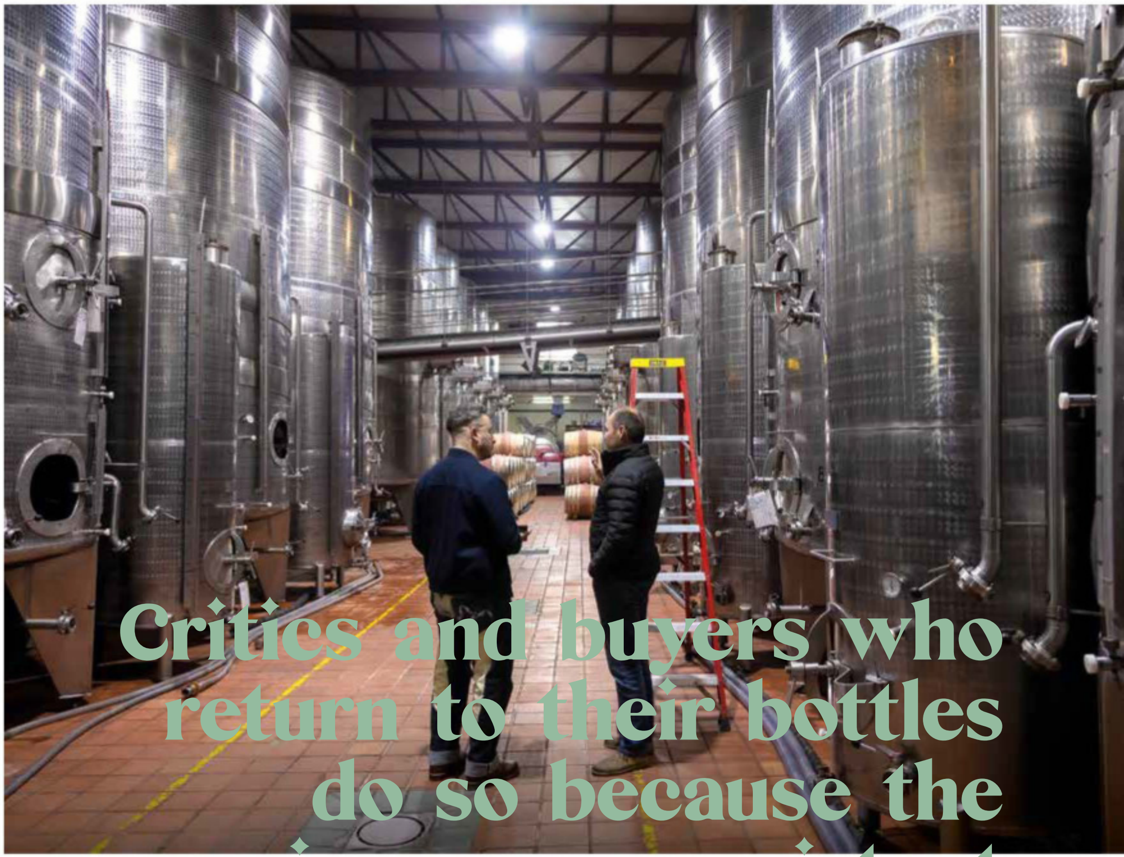
Giving Back Childhood

Cinsaut, is the variety that announces a local voice on the world stage; Lanzerac's long experience with it gives the estate a kind of institutional memory when it comes to coaxing the grape into something luscious and balanced rather than brash.

So what makes Lanzerac's wines unique? There's no single clickbait answer – it's a quieter combination of location, vine age, and a winemaking sensibility that favours balance over spectacle. The Jonkershoek Mountains bring cooler mountain influence and a range of soils that suit reds and whites; older vineyards contribute concentration without fatiguing the wines with overt extraction; and the cellar team has long respected varietal character, leaning on thoughtful oak use and measured maturation. The result is wines that are classically South African in flavour – think ripe dark fruit and a savoury line in the reds, glycerol texture in well-made Pinotage, and a fine, mineral thread running through the estate whites – but that also wear their age and pedigree gracefully. Critics and buyers who return to Lanzerac's bottles do so because the wines are consistent: they get better cellared, but they're perfectly agreeable on the table now.

Recognition has followed this steady craft. You won't find Lanzerac flashing the same trophy case as some boutique estates that chase ultra-high scores. However, the house has attracted favourable attention from respected critics and industry platforms for both value and heritage bottlings. Longstanding coverage in trade circles and inclusion on reputable tasting lists have kept the estate visible where it counts: in the cellars of collectors who appreciate depth and in restaurant lists that prize dependability. More importantly, the estate's reputation isn't brittle – it's the kind of legacy reputation that grows out of decades of doing the day-to-day craft well.

Lanzerac is neither a shrine nor a factory; it's a property that understands it must be many things to many people. For wine lovers, there's the cellar and tasting room – guided tours that explain cellar practice and allow you to sample both museum-style older vintages and current releases. For visitors who want to linger, the hotel is as central to the estate's identity as the vineyard rows. The Lanzerac Hotel & Spa occupies lovingly restored 18th- and 19th-century buildings, its rooms furnished with the kind of antiques and textiles that



Critics and buyers who return to their bottles do so because the wines are consistent

ABOVE *Modern methods meet tried-and-tested techniques in the cellar.*

LEFT *Head Winemaker Wynand Lategan has a two-decade tenure at Lanzerac.*

RIGHT *Arrive with time to spare and linger inside Lanzerac's tasting room.*

BELOW *There is an extensive catalogue of wines to satisfy every taste.*

make you feel as if you've wandered into someone's tasteful country house rather than a hotel chain. There's a spa, pools, a good restaurant, and gardens that are frankly made for afternoon light and a glass of rosé. It's a full-service country escape with the bonus that your breakfast is connected by a short walk to a working winery.

And then there's the way Lanzerac positions itself for different visitors. Families can book suites and take advantage of the grounds; couples can retreat to the spa and have their bottles decanted; foodies will find the estate restaurant and tasting pairings a tidy day out; and anyone with a love for heritage architecture will walk away happy with the restored buildings and the stories embedded in their beams. The estate also hosts a quietly impressive events calendar – seasonal tastings, cellar tours, occasional guest chef dinners – enough programming to make repeated visits worthwhile without crowding the estate's sense of calm.

Lanzerac's appeal is subtle: It's not trying to reinvent Stellenbosch

LANZERAC
1692
PINOTAGE ROSÉ
LANZERAC
PINOTAGE ROSÉ
LANZERAC
PINOTAGE ROSÉ
STELLENBOSCH

If you're planning a visit, go with time to spare. Start with a tasting to get the lay of the land – ask about the vineyard blocks, the age of the vines, and what's sleeping in the barrel – then take a stroll in the afternoon shade. Have lunch at the hotel restaurant; order something that pairs with the Pinotage or one of the estate's approachable Bordeaux-style blends. Finish with a slow look at the rooms if you aren't staying the night: the West Coast light finds ways to flatter even the simplest linen.

Lanzerac's appeal is subtle: it's not trying to reinvent Stellenbosch, but it wants to be the place people return to when they want a familiar, well-made wine and a wide-shouldered country stay. In a region that sometimes prizes novelty, Lanzerac reminds you that there's power in continuity – in vineyards that have been tended for generations, in stones that have gathered the rain for centuries, and in a cellar that prefers to speak softly with its bottles. If you measure a wine estate by how well it wears its history while continuing to make purposeful wine, Lanzerac will feel like an old favourite you hadn't yet met.

Lanzerac Road, Stellenbosch
021 887 1132;
lanzerac.co.za

1693
DEKKERSVLEI
CAPE WINELANDS · SOUTH AFRICA

Just 45 minutes from Cape Town, in the heart of the Paarl Winelands, lies *Dekkersvlei Wine Estate*, a historic gem where centuries-old heritage meets bold innovation. Established in 1693, Dekkersvlei is celebrated for creating one of South Africa's most extraordinary wines, the world's first White Pinotage.

Think you know Pinotage? Think again...

Dekkersvlei took South Africa's beloved red Pinotage grape and did something completely different. By pressing the grapes gently and fermenting it without skin contact, the winemakers crafted a wine unlike anything the world had ever seen. The result was the world's first White Pinotage, a crisp and elegant wine with layers of tropical fruit, citrus and subtle vanilla while retaining the signature character of Pinotage. Today, the White Pinotage is Dekkersvlei's signature offering and a must-try for anyone exploring the Cape Winelands.

At Dekkersvlei, the story of the White Pinotage comes alive through our signature wine experience: 'Taste the Original'. The tour takes you behind the scenes of this working wine farm, offering a closer look at the rich cultural and viticultural heritage behind South Africa's proud Pinotage. The journey begins with an easy stroll through the vineyards, past Chenin blanc and Cabernet Sauvignon blocks, and into the celebrated Pinotage block. From there, guests step inside the production cellars, where the winemaking process comes to life. The tour ends with a tasting of three Dekkersvlei wines carefully selected by the winemaker. At its heart is the estate's signature White Pinotage, an exclusive, small-batch varietal served chilled for immediate enjoyment. A single-serving charcuterie board completes the experience, offering a simple yet elegant pairing.

Tastings at Dekkersvlei offer something for every palate. Guests can choose from curated tastings of three, five or seven wines, poured by a welcoming and knowledgeable team. Expect bold reds such as Shiraz and Cabernet Sauvignon, alongside the finesse of Chardonnay and the earthy depth of Pinotage. Each tasting can be paired with one of Dekkersvlei's curated charcuterie boards, all arranged with crackers, dried fruit and preserves to perfectly complement the wines:

The 1693: a classic cheese selection
The Vineyard: cheeses with cured meats
The Velvet: indulgent chocolate and cheese
The Dekkersvlei Grand: a full spread of cheeses, meats and delicate fish bites.

For those seeking something truly special, premium tasting experiences are available. Our private underground cellar offers an inviting backdrop for intimate tastings. Or discover our 'Wine Barrel Tasting' experience, led by a senior member of the cellar team. You'll enjoy premium wines straight from the barrel, hear behind-the-scenes stories, and get a glimpse into the winemaking process.

Before heading home, guests can explore the boutique shop, featuring exclusive vintages, curated gifts and pre-packed tasting boards, perfect for picnics or as thoughtful souvenirs. With local and international shipping available, Dekkersvlei wines can be enjoyed long after your visit, bringing a taste of the Cape Winelands home with you.

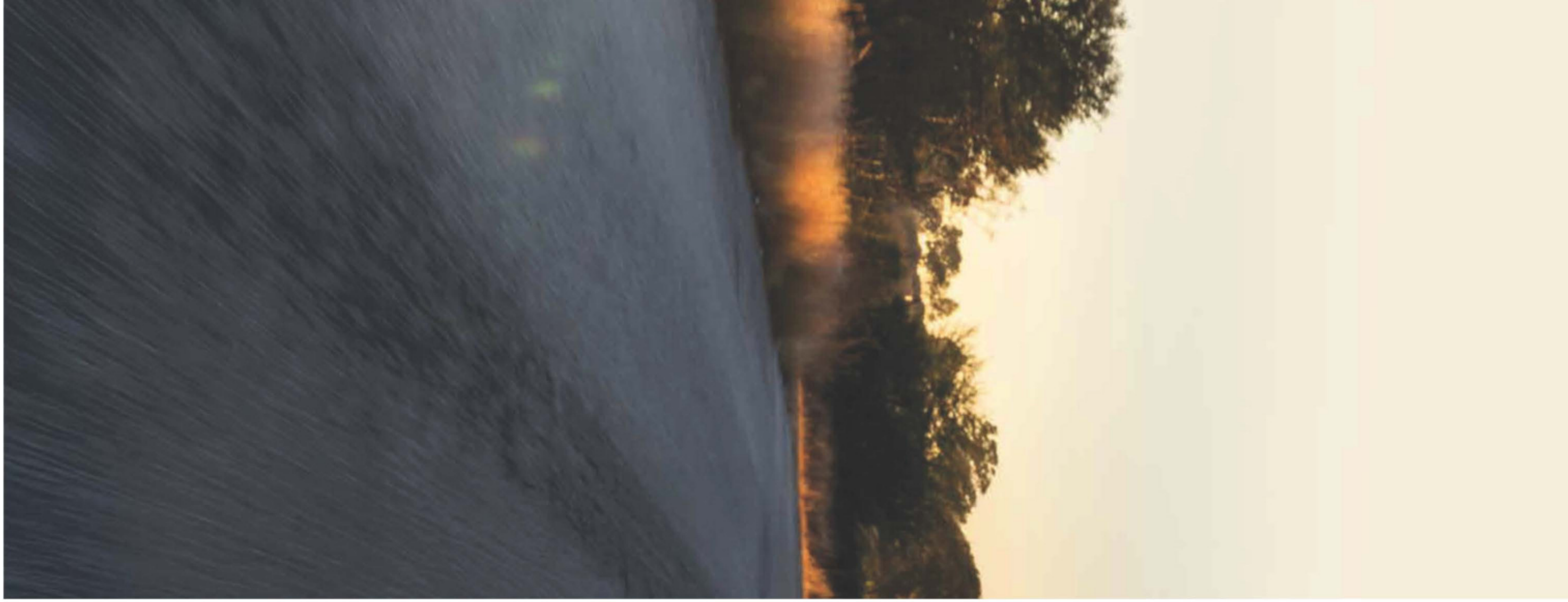
Just 45 minutes from Cape Town on Keerweder Road in Paarl, Dekkersvlei welcomes guests for wine tastings **Mondays to Saturdays from 11:00 to 16:00**, and **Sundays from 11:00 to 15:00**.

Discover the estate's wines through the 'Taste the Original' experience, including the celebrated White Pinotage, a true standout of the Cape Winelands.

To book, visit **www.dekkersvlei.com** or call **021 862 4525**.

TERRITORY
TERRITORY

Rise and shine: The 1.8-litre turbocharged EcoBoost engine is eager to get the day off to a flying start.



THE CONSUMMATE ALL-ROUNDER

Ford Territory Dark Edition unlocks Cape Town living

Perfectly at home weaving through busy streets, yet ready for winding mountain passes

Cape Town has a way of pulling you outdoors, whether it's the dramatic mountain views, the cool sea air, or the promise of good friends, yummy food and live music. Pair that with a stylish SUV that blends comfort, capability and a bold edge, and suddenly, exploring the city feels effortless. The Ford Territory Dark Edition isn't just about getting you from place to place, but fitting into the way your family lives, plays and relaxes in the Mother City – whatever your family looks like.

Few things beat starting the day with an Aerial Cableway up Table Mountain, as the city unfolds beneath you. Whether it's a solo escape or an adventure with visiting relatives, the Territory slots seamlessly into the rhythm of Cape Town life. Sleek and city-smart, it's perfectly at home weaving through busy streets, yet ready for the winding mountain passes you'll take once you're back on the ground.

For families, the Territory makes days out easy. Driving to Boulders Beach is a chance

ABOVE *We drove to Cape Town's attractions, including the Aerial Cableway, in the Ford Territory.*

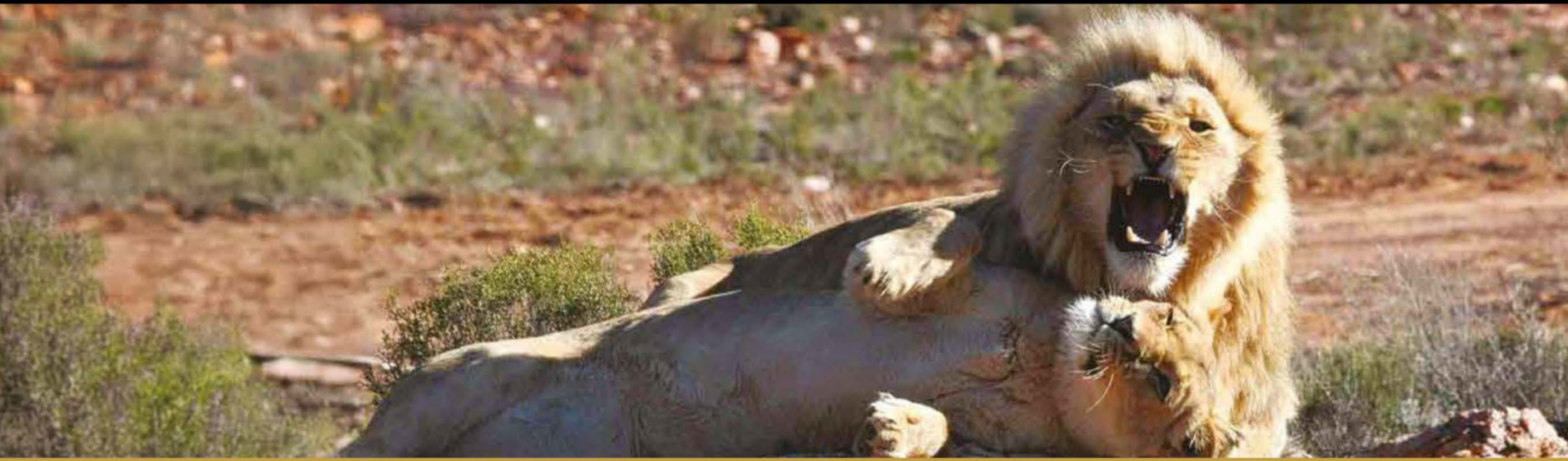
RIGHT *A satin black grille and 19-inch Ebony Black alloys give the Territory Dark Edition an athletic presence.*

BELOW *Dual 12.3-inch digital displays, wireless charging and multiple USB ports keep everyone entertained.*

Ford
TERRITORY

AQUILA
PRIVATE GAME RESERVE

REAL AFRICA. REAL CLOSE TO CAPE TOWN
OVER 10 000 HECTARES OF BIG 5 CONSERVANCY



CAPE TOWN BIG 5 SAFARI & SPA

DAY TRIPS • OVERNIGHT ACCOMMODATION • SPA • GAME DRIVES • HORSEBACK & QUAD BIKE SAFARI

When in Cape Town, don't miss the South African Big 5 Safari at Aquila Private Game Reserve and Spa. See lions, elephants, giraffes, zebras and other African wildlife, only a 2-hours' drive from Cape Town. With game drives, quad bike tours and horseback safaris, it's the closest you'll get to real Africa, real close to Cape Town.

FACILITIES OFFERED

Karoo, Premier, Family & Deluxe Cottages • Lodge Rooms • Day Trip Safari • Horse Back Safari • Quad Bike Safari Overnight Safari • Fly-In Safari • Private Safari • Indoor & Outdoor Restaurants • Outdoor Pool Bar • Spa • Curio Shop • Eco-synergy Tour • Conference Centre • Stargazing • Children's Facilities & Junior Ranger Programme

AquilaSafari **AquilaSafaris** **Aquila Private Game Reserve and Spa**

www.aquilasafari.com • Reservations: +27 (0)21 430 7260 or res@aquilasafari.com

for the kids to meet penguins up close, with enough boot space for all the beach gear, towels and cooler bags that come with a family outing. From there, it's a short trip to Kalk Bay for golden fish and chips eaten straight from the paper wrapping, waves and gulls providing the soundtrack. With 1 422 litres of luggage capacity and flexible seating, there's room for everything you need, whether it's picnic baskets, toys, or even the dogs' kit for a stroll later in the day.

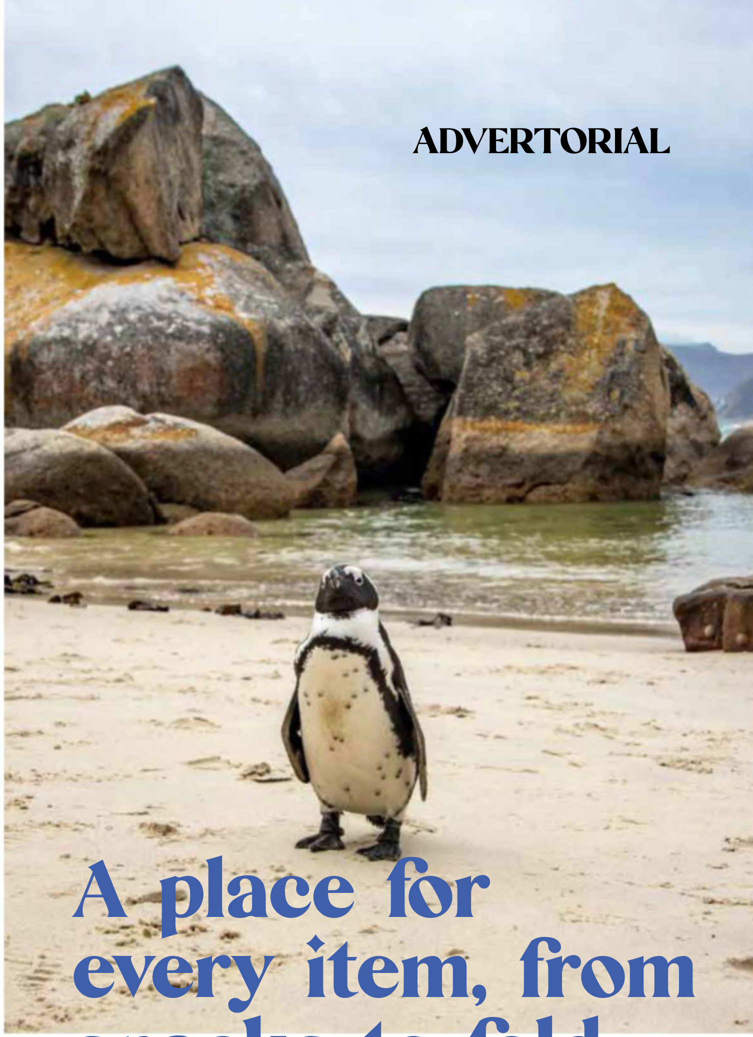
As the sun dips lower, Cape Town shifts into social mode. Kirstenbosch National Botanical Garden becomes the setting for a picnic and live music under the stars – a favourite for families and groups of friends. With 20 clever storage bins tucked throughout the Territory, there's a place for every item, from snacks to fold-up chairs, so nothing gets left behind. The roomy interior ensures everyone is comfortable, with a stylish charcoal black trim and Cyber Orange stitching that adds just the right amount of attitude.

Weekends also call for time with four-legged family members. A shaded walk through Newlands Forest is the perfect way to unwind after a busy week. Spacious enough for dogs and gear, the Territory adapts to real life. Whether it's muddy paws, sandy towels or hiking boots, the interior is easy to manage, while perforated leather seats keep the cabin looking sleek and refined.

RIGHT *This Territory's bold black and white outfit is in good company at Boulders Beach.*

BELOW *With 1 422 litres of boot space and flexible seating, there's room for any activity.*

BELOW RIGHT *Have the confidence to park anywhere with the Territory's 360-degree camera.*



A place for every item, from snacks to fold-up chairs, so nothing gets left behind

TERRITORY
TERRITORY

Performance is where the Territory makes everyday driving feel special. Powered by a 1.8-litre turbocharged EcoBoost engine delivering 138 kW and 318 Nm, it offers smooth, confident performance for every journey. Four drive modes – Eco, Normal, Sport and Mountain – mean you can tailor the experience to the road ahead, whether it's efficient cruising along the M3 into the Southern Suburbs, spirited driving along Chapman's Peak Drive, or the extra grip needed on steeper hills around town.

Technology ensures everyone stays connected. Dual 12.3-inch digital displays, wireless charging and multiple USB ports keep kids and friends powered up on the go. With the 360-degree camera, parking in tight spaces around Heritage Square or at packed events is stress-free. Safety features like Adaptive Cruise Control, Pre-Collision Assist and Blind Spot Information work quietly in the background, giving peace of mind no matter who's on board.

The Ford Territory Dark Edition is more than just an SUV; it's a companion to Cape Town's lifestyle. With Ford's Family Promise and comprehensive service support, it suits the way people really live. Stylish for the city, spacious for family and friends, and versatile for every adventure, the Territory unlocks Cape Town living in all its forms.

ABOVE LEFT *Chapman's Peak and the Ford Territory make the perfect match.*

ABOVE RIGHT *Cyber Orange stitching in just the right places blends durability with a cool new energy.*

> **Stylish for the city, spacious for family and friends, and versatile for every adventure**

PHOTOGRAPHY FORD, PIXABAY, COURTESY IMAGES

Hotel Verde ★★★★
CAPE TOWN AIRPORT
Africa's greenest hotel

HOTEL
Verde

Moments from the Runway. Worlds Away from Ordinary.

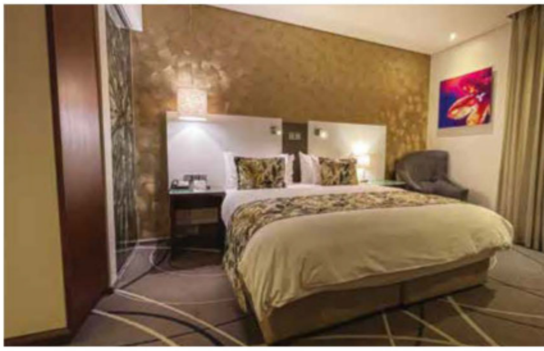
Find out more:
www.hotelverde.com
+27 (0)21 380 5500
reservations@hotelverde.com

At Hotel Verde Cape Town, every detail is designed to make travel feel effortless. Whether it's the calm before a long journey or the comfort you crave after a late flight, we're here to welcome you with eco-luxury at its finest.

Wake up refreshed in spacious, sustainable rooms. Unwind at the Verde Vita Spa & Wellness Centre, then savour fresh, seasonal flavours at Nuovo Restaurant & Bar. Slow down with a swim in our eco-pool, wander through lush green spaces, or gather with ease in our carbon-neutral event and conferencing facilities.

Our Flexi Rate packages mean your stay adapts to you, giving you the freedom to focus on what matters most: rest, rejuvenation, and the joy of travel made simple.

Just 400m from Cape Town International Airport.



SUBSCRIBE
TO CAPE ETC TODAY

and get two years of Cape Etc for R399*
– a discount of up to 17% off the cover price

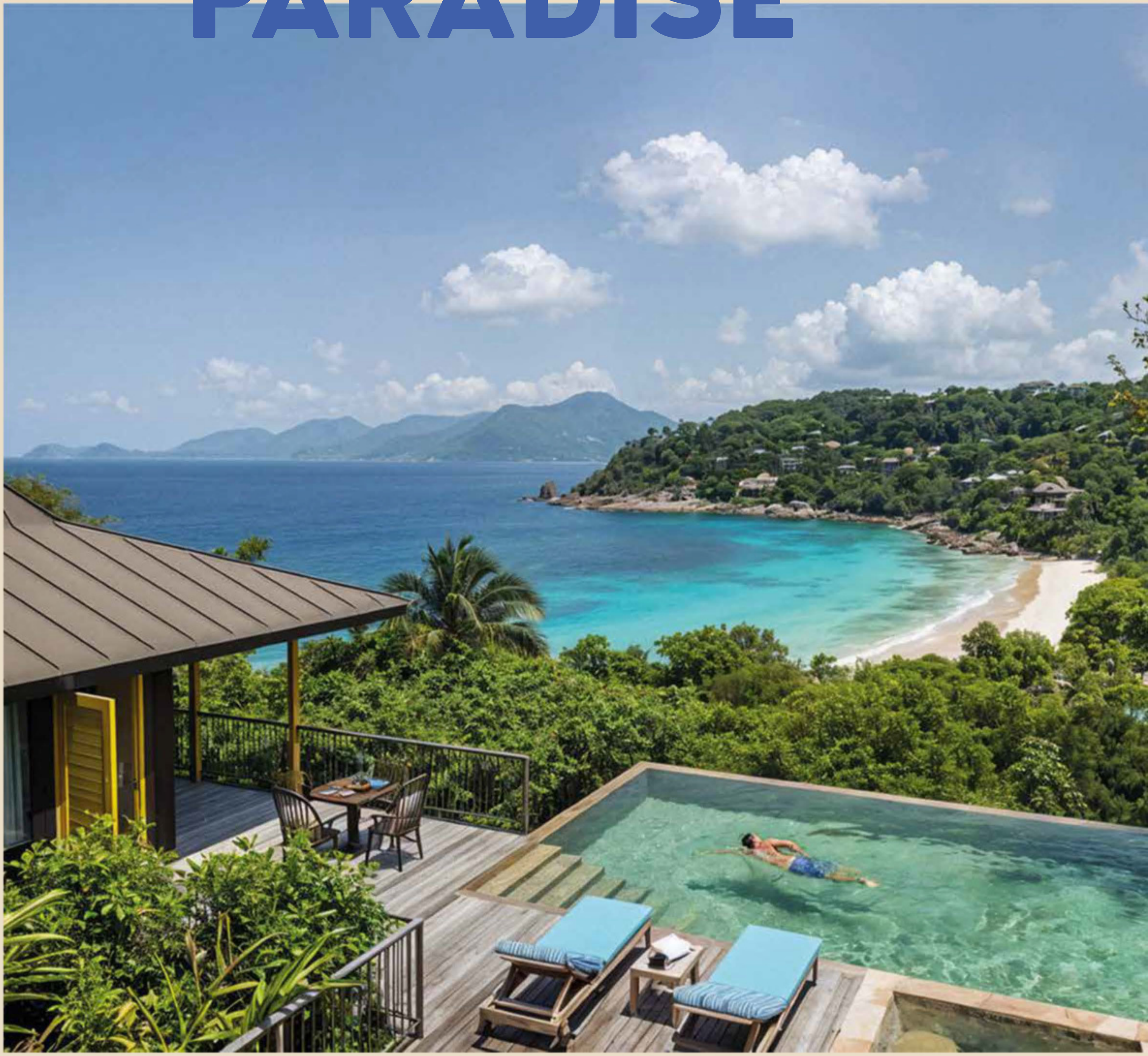
THE CITY'S BEST NEW RESTAURANT EXPERIENCE • SPRING ESCAPES • AND MORE
cape{ }etc
From NATURE'S PLAYGROUND to the best WINING, DINING and cultural HOTSPOTS
HELLO, SUNSHINE
Your Guide
to longer days, brighter moods and fresh Cape adventures

HOW TO SUBSCRIBE

☎ 021 530 3300 ✉ subscribe@habarimedia.com 💻 capetownetc.com

**Cape Etc* is published four times a year. This subscription offer consists of eight consecutive issues over two years. The price of R399 is applicable only in South Africa. If you live in a neighbouring country or overseas, please email subscribe@habarimedia.com, and we will advise you of the rates.

PEACE IN PARADISE

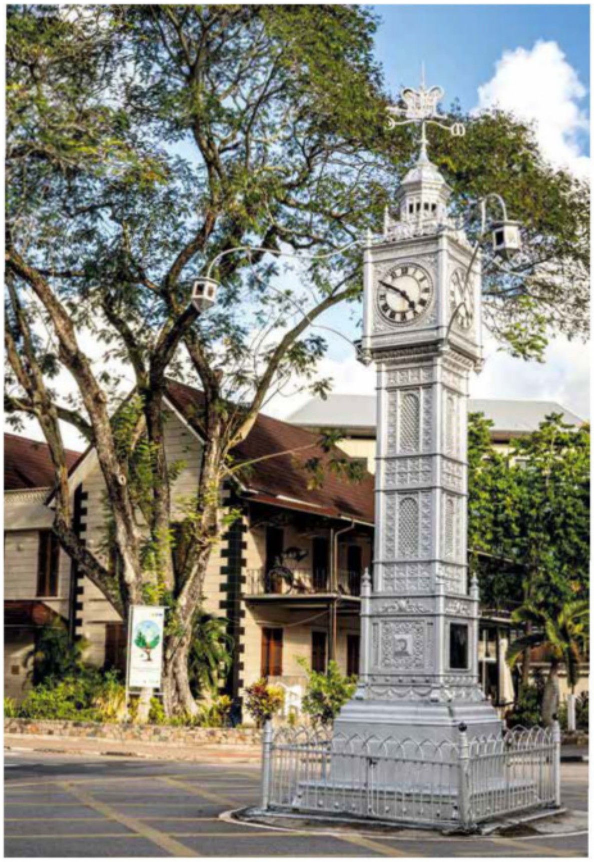


Each of the Seychelles islands offers something unique, as **Sarah Kingdom** discovered on a recent visit

The hike up the Morne Blanc Trail was short and steep, snaking through the Morne Seychellois National Park's dense rainforest, shrouded in mist. Towering tree ferns, fallen leaves rustling underfoot, and birdsong echoing through the undergrowth. The forest canopy enveloped the trail, providing welcome shade from the sun while we climbed. Reaching the viewing platform at the top of Morne Blanc, we looked out at the Indian Ocean's turquoise waters stretching toward the horizon. Brilliant blue skies hung overhead, panoramic views of Mahé island spread out before us, white-tailed tropic birds swooped and soared above us, lush, emerald-green rainforest covered the undulating hills below, and in the distance, tiny jewel-like islands dotted the sparkling sea. Mother Nature was generous when it came to the Seychelles. The archipelago is so beautiful that early explorers thought they'd stumbled upon the Garden of Eden.

It was time to descend to sea level to explore Victoria, the Seychelles' capital and its only city. Home to only 25 000 people and with just two traffic lights, it is one of the world's smallest capital cities – you'd struggle to get lost here! What you will find in Victoria is 18th- and 19th-century French and British architecture, the rainbow-coloured Arul Mihu Navasakthi Vinayagar Hindu Temple, the Sir Selwyn-Clarke Market, where traders sell seafood, tropical fruits and souvenirs, Freedom Square, and the colonial-era Law Courts. A quaint and quirky sight is the silver-painted colonial-era Victoria Clock Tower, or Lorloz as it's known in Creole. A replica of Little Ben, the clock tower at the entrance to Victoria Station in London, the Seychelles version didn't actually work for the first 96 years of its life, but now strikes twice instead of once on the hour, as if trying to make up for lost time.

When the humidity of town got a bit much, we retired to the Botanical Gardens, a quiet, green getaway. We checked out some of its 280 plant species, including the suggestively shaped endemic coco de mer



ABOVE *The island is populated by locals taking it slow.*

WHEN TO VISIT

April, May, October and November are the hottest and driest months in the Seychelles, and calm seas offer decent visibility for diving and snorkelling. Sea turtles nest between October and December, but you'll have to wait until January to March to see their hatchlings emerge, which overlaps with the whale shark migration season, usually from October to November. September and October are the months to spot migratory birds passing through the Seychelles, though April and May are breeding season, and May to September is for nesting. December to March is the wet monsoon season, so perhaps not the best time to visit. It is worth remembering that weather patterns can vary significantly between islands.

ABOVE *The viewing platform at the top of Morne Blanc looks out over the Indian Ocean.*

LEFT *The menu at Marie Antoinette is full of spice-infused Creole food.*

FAR LEFT *The silver-painted Victoria Clock Tower, known as Lorloz in Creole.*

palms, an icon of the Seychelles. We visited the spice grove, the ginger lawn, and the patch of rainforest with its resident fruit bats, all before finishing up at the Aldabra giant tortoise enclosure.

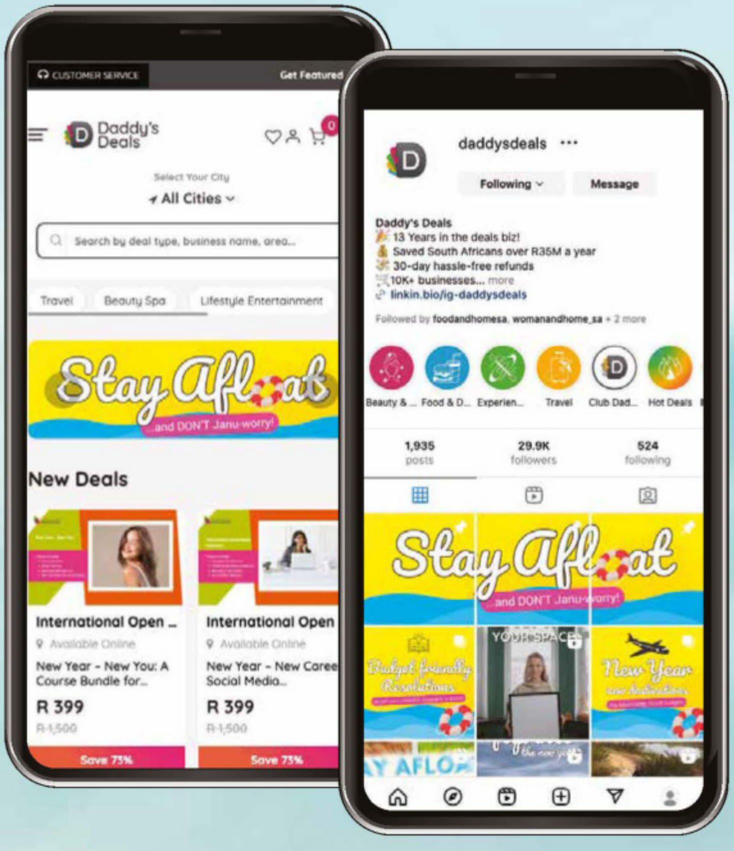
We had a table booked for lunch at Marie Antoinette Restaurant, a five-minute drive from the gardens. With its wood and iron colonial-style architecture, steep red roof, polished wooden staircase, wide verandahs, shuttered windows and lace tablecloths, Marie Antoinette is a slice of Seychelles history. It has been around long enough for Henry Morton Stanley, of 'Dr Livingstone, I presume' fame, to have stayed there in 1872 on his return from mainland Africa. It became a restaurant in 1972, and its creole menu is a well-guarded family secret that hasn't changed much in over 50 years. We sampled spice-infused Creole favourites that included parrotfish fritters, grilled red snapper in a yellow curry sauce, aubergine fritters, chicken curry, tangy mango salad and pumpkin chutney, all served with bowls of steaming white rice and washed down with chilled Seybrew beer. Having just seen the bats in the Botanical Gardens, we couldn't bring ourselves to try the curried fruit bat we spotted on the menu.

At the end of a day spent exploring Mahé's north, we retreated to the quiet southern peninsula and the Four Seasons Resort Seychelles. Our villa was tucked inconspicuously into the hillside overlooking Petite Anse Bay, the best swimming beach on Mahé, and a refreshing ocean breeze floated up the hillside from the beach. From our verandah, we gazed past our private swimming pool and out over the bay far below, where aquamarine waves lapped a tiny, perfect comma of pure white sand.

Four Seasons partnered with marine conservation organisation WiseOceans to create a marine discovery programme in Petite Anse Bay. The programme includes various guest activities and an associated coral reef restoration project to restore degraded reefs through coral farming, harvesting small coral fragments and growing them in an underwater nursery until they are mature enough to be transplanted back into the reef. Since its launch, over 5 000 corals have been grown, and 3 500 guests have visited and got involved with the project.

Daddy's Deals

There's something for everyone



CUSTOMER SERVICE | Get Featured

Daddy's Deals

Select Your City

All Cities

Search by deal type, business name, area...

Travel | Beauty Spa | Lifestyle Entertainment

Stay Afloat ...and DON'T Janu-worry!

New Deals

International Open ... | International Open
Available Online | Available Online
New Year - New You: A Course Bundle for... | New Year - New Career Social Media...
R 399 | R 399
R 1,500 | R 1,500
Save 73% | Save 73%

daddysdeals

Following | Message

Daddy's Deals
13 Years in the deals biz!
Saved South Africans over R35M a year
30-day hassle-free refunds
10K+ businesses... more
linkin.bio/ig-daddysdeals

Followed by foodandhomesa, womanandhome_sa + 2 more

Beauty & ... | Food & D... | Experien... | Travel | Club Dad... | Hot Deals

1,935 posts | 29.9K followers | 524 following

Stay Afloat and DON'T Janu-worry!

Budget friendly Resolutions | YOUR SPACE | New Year

A leading savings site offering amazing memories and incredible exclusive savings both locally and internationally.

Visit www.daddysdeals.co.za

Like, share & follow!

SCAN ME

USE CODE

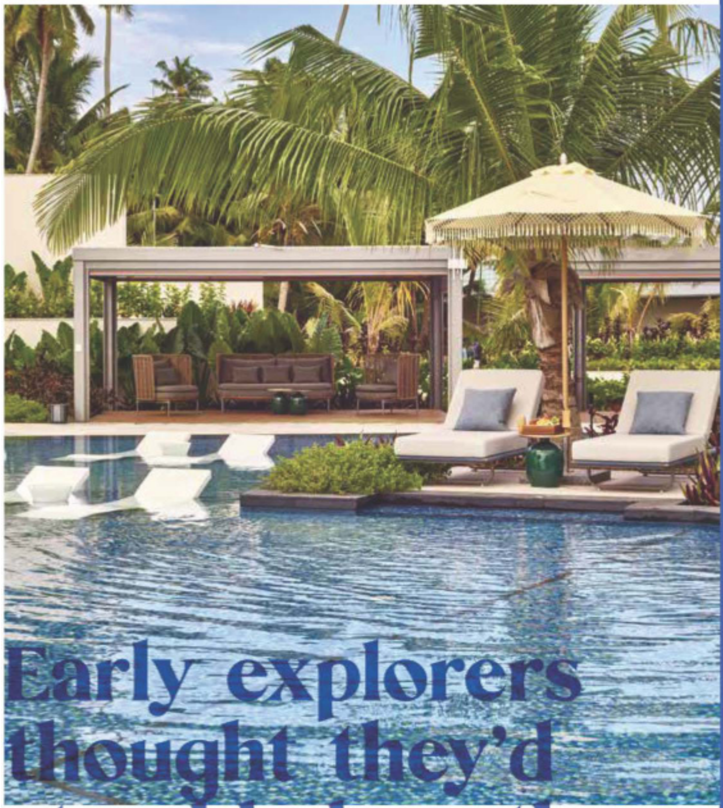
CAPETOWNETC10

AT CHECKOUT FOR AN EXTRA 10% OFF

*Exclusive to Cape Town Etc magazine readers

Following breakfast, we wandered down to the beach and, after chatting with the resident marine biologist, donned masks, snorkels and fins and headed out into the water. Swimming towards the rocky point at one end of the bay, clouds of fish surrounded us – big and small, long and short, spotted and striped. Butterflyfish, surgeonfish, pufferfish, parrotfish, angelfish, and even the occasional octopus. Streamlined stingrays, clumps of colourful coral, anemones with their resident clownfish, a vibrant underwater world that Four Seasons is working hard to protect.

Satisfied we'd soaked up enough 'vitamin sea', we headed to the resort spa, perched on a hillside at the highest point of the property with the most incredible views over the resort and across the shimmering waters of Petite Anse Bay. The scents of lemon, peppermint, coconut, tropical flowers and sea kelp filled the air, and I was whisked off for a massage, emerging sometime later thoroughly rejuvenated and relaxed.



Early explorers thought they'd stumbled on the Garden of Eden

***ABOVE** The Four Seasons provided a luxurious base to launch our exploration.*

***LEFT** Platte Island is magical.*

Mahé is home to Seychelles International Airport, and 90% of the archipelago's population lives there, so it was the ideal place to start our travels. But there was more to see of the archipelago comprising 115 far-flung islands.

Island-hopping is easy in the Seychelles, thanks to an efficient ferry system and many charter flights. Praslin, the Seychelles' second-largest island and a 20-minute flight from Mahé, is a popular option. The scenery in the island's Vallée de Mai nature reserve is Jurassic-like. It's one of the world's smallest natural UNESCO World Heritage Sites, and millions of years of isolation have led to the evolution of numerous unique species found nowhere else on Earth.

For beaches, Anse Lazio in the north-west of Praslin is a mix of golden sand, crystal-clear water and impressive granite boulders, while the powdery Anse Georgette was ranked one of the top 10 best beaches in the world for 2024. From Praslin, it's a hop, skip and jump to the tiny, uninhabited, reef-ringed island of St Pierre. Here, shoals of stripy sergeant major fish and rainbow parrotfish dart past awestruck snorkellers. Alternatively, the laid-back island of La Digue is only a 15-minute ferry ride from Praslin. Cycling is the transport of choice here, with no cars allowed unless they provide a public service.

Our next stop was the blissful Platte Island, a tiny emerald speck blissfully isolated in an ocean of blue 130 km south of Mahé. The island is home to the

***RIGHT AND BELOW** The Seychelles offers a clutch of luxury accommodations.*

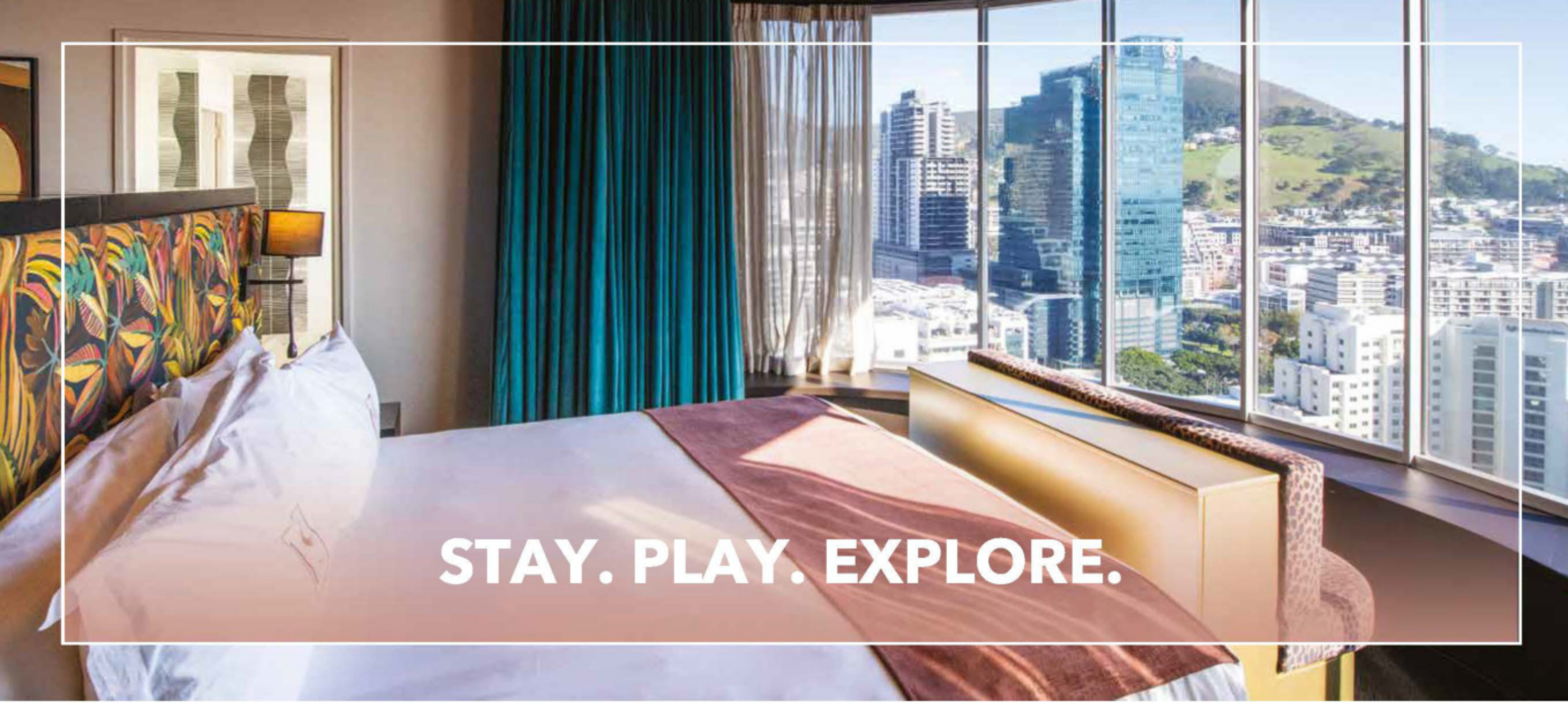
Waldorf Astoria Seychelles. After a quick flight, we touched down in a luxurious island paradise, where the only sounds were the lapping of waves on the shore, the wind rustling through palm trees and the calls of swooping seabirds. The Waldorf stamp of opulence is everywhere, from the lavish villas to the signature Parisian-inspired Peacock Terrace, where you can sip island-roasted coffee and unique tea blends. The champagne bar is the place to be when the sun goes down, and there's a luxurious spa with an impressive menu of treatments. Platte has everything foodies could want, with restaurants ranging from seafood to Creolatino food and a fine-dining restaurant with a garden-to-table vegetarian menu.

But there is more to this treasure island than the resort facilities. The island is a natural paradise because it is barely inhabited and imposes strict conservation restrictions on development. The island has the largest population of nesting turtles in the Seychelles, and guests can witness newly hatched turtle babies (between January and March) poking their heads out of the sand and making their manic dash on tiny flippers to the water. The house reef is the haunt of stingrays, manta rays and small reef sharks, and the underwater seagrass meadows are some of the best preserved in the Indian Ocean, perfect for year-round turtle grazing. A dedicated marine conservation centre is on the island, with a full-time marine biologist to monitor and preserve these natural wonders.

The only sounds were the lapping waves, the wind rustling through palm trees, and the calls of swooping sea birds

Fifty suites dot the perimeter of Platte Island near the oceanfront, each featuring a dramatic fan-shaped roof in a subtle homage to the hawksbill turtles. From the room, folding glass doors led out to a deck, a private pool and our pathway to the beach. Early in the morning, hundreds of lesser noddys and sooty terns chatted in the palm trees overhanging our room, and on morning walks around the island perimeter, we spotted baby sharks and stingrays skimming through the shallow water. Sunset found us sitting on the warm sand, watching strings of seabirds silhouetted against the orange and pink sky, and at night-time, walking barefoot in the sand to our villa, the blanket of stars overhead was magical.

A short hop from Platte back to Mahé, and it was sadly time to depart the Seychelles, but not before stopping



HOTEL SKY CAPE TOWN

More than a stay. It's a story waiting to be told.

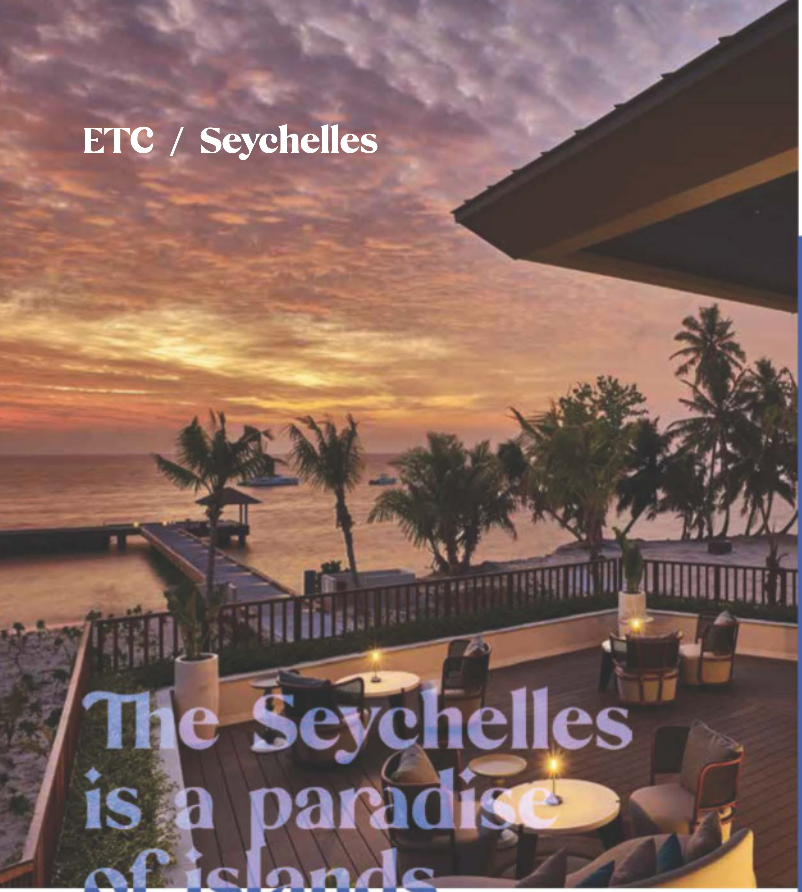
Step into a world where adventure meets comfort. Soar to new heights on the thrilling Sky-Hi Ride, savour unforgettable flavours in our restaurants and bar, and discover Cape Town's most iconic attractions right on our doorstep.

Whether you're here to explore, celebrate, or simply escape, Hotel Sky is where it all begins.

www.hotelsky.co.za

HS HOTEL SKY

reservations.capetown@hotelsky.co.za +27 021 879 5040



> The Seychelles is a paradise of islands scattered like gemstones across the ocean

off at the Takamaka Rum Distillery for a final taste of the islands. The Royal Navy brought rum to the Seychelles around the middle of the 16th century. For years, nearly every family in the archipelago had their own unique concoction of herbs and spices they blended to make what is known as rhum arrangé. Nowadays, Takamaka Distillery, on the 18th-century La Plaine St Andre Estate, has perfected the art and produces an extensive range of Seychellois rums that, flavoured with local fruit and spices, somehow manages to capture the spirit of the islands in every sip. Visitors can meander through the museum, indulge in the scents of a medicinal garden, and even interact with the two majestic Aldabra giant tortoises, Taka and Maka. We got lucky and had a behind-the-scenes tour, sampling the entire range before wobblingto the airport and pouring ourselves onto our flight home.

The Seychelles is a paradise of islands scattered like gemstones across the ocean, the perfect mix of secluded beaches, swaying palm trees, warm, azure waters, abundant marine life and a vibrant culture. Goodbye, until we meet again, or, as they say in Seychellois Creole, '*orevwar, ziska nou zwenn ankor*'!

ABOVE *Dimitrije Vasiljevic.*

THE SEYCHELLES IN EVERY SIP

Croatian-born Dimitrije Vasiljevic was the passionate head mixologist while we were visiting Platte Island. He crafts inventive drinks that blend tropical flavours with artistic flair. Tasked with developing and curating unique cocktail experiences, Dimitrije has drawn inspiration from the island's natural surroundings, incorporating locally sourced ingredients and regularly repurposing components that would otherwise be discarded – he finds new life for peels, pulps, herbs and other remnants in syrups, garnishes and infusions, creating cocktails that are environmentally conscious, visually stunning and, of course, delicious! We spent an evening talking cocktails with him and sampling some of his killer creations. He shared the recipes behind some of his signature cocktails.

SMOKY MARIA (BLOODY MARY WITH A TWIST)

1. Simmer 900 ml tomato juice with 20 g Smoky Lapsang Souchong tea. Chill and add 500 ml Tequila Blanco.
2. Next, add 40 ml soy sauce, 20 dashes of Tabasco (or Dimitrije's special chilli tincture), 20 dashes of Worcestershire sauce and some salt and pepper.
3. Place a little of this mixture in a saucepan with around 2.5 g of agar-agar.
4. Heat to melt the agar-agar and then add it to the rest of the batch. Leave in the fridge for approximately 2 hours and then strain through a coffee filter to get a clarified liquid, which you'll bottle and keep in the fridge.
5. For a single cocktail, pour 100 ml into a glass and garnish with a pickled jalapeño.

If that all sounds a little too complicated, then head to Lalin, the rooftop bar on Platte Island, and sip a cocktail as you drink in those famous Seychellois sunsets.

EXTRACTED FROM *GETAWAY* JAN/FEB 2025 **PHOTOGRAPHY** COURTESY IMAGES AND SARAH KINGDOM

MONT ECO

2H 45 MIN
DRIVE FROM
CAPE TOWN

LUXURY SAFARI ADVENTURE
AT MONT ECO PRIVATE GAME RESERVE

Book direct: reservations@montecogamereserve.co.za
www.montecogamereserve.com | +27 (0) 71 410 9716

AVONTUUR
HELDERBERG·STELLENBOSCH
AVONTUUR
STELLENBOSCH
DISA GORGE
CHARDONNAY
2024

#NO 18 !org

NO ALCOHOL MAY BE SOLD TO PERSONS UNDER THE AGE OF 18.